

HOME-MAKING COOK BOOK



Mrs. MARY McKNAMARA WILKINSON



Class TX 715

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“There is something wrong with the home that is not the happiest spot on earth.”





THE AUTHOR AND HER DAUGHTER ISABELLE.

A COOK BOOK

FOR

The Poor
The Rich
The Sick
The Well

A Reform from the Old Wasteful Methods
to the Saving, Scientific and
Nourishing Ones

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A treatise aiming to cover all the practical, everyday needs of the homes of people of small means, and showing how these homes can be made happy.

A few menus are given merely as a starter to help a young housewife plan meals. By using these for a short time, she will soon learn to make up her own.

Labor and time saving depends on the arrangement of house, and also of the house furnishings. When arranging a house it is well to keep in mind a ship—where all space is used and made handy as possible especially the kitchen. Have plenty of shelves, hooks, nails, etc. and always remember one of the great laws and secrets of good housekeeping is:

“A place for everything and everything in its place.”

A clean and cheerful house makes a happy home. Consider no work common or unclean, whether tending the baby or emptying ashes, as it is God's will whatever falls to our share—therefore make it bubble over with joy by doing it for God, and no matter how menial it may seem, do it the best you know how. He takes care of the result.

Know how to buy. Know how to cook. Know how to save. What is left over must never be thrown away. It can be converted into a new delicious dish, fed to animals or used as a fertilizer for the garden. Bones ground up are excellent fertilizers. In teaching yourself don't forget to teach the children; though their work will be rough and half done they should never be discouraged or allowed to overdo. The training, be it ever so little or much, means building of character, etc., which adds to their success in later years no matter what their calling will be.

Two laws of Le Clerc (one of the greatest cooks of France). “Quality of food is better than quantity.” “Nothing in a kitchen can ever go to waste if you will learn what to do with all that enters that kitchen.”

To the Laboring Class and Farmer's Wives and Children, this work is sincerely dedicated.

The writer has made special effort to make this little work assist the poor servant girl.

To Miss Marie Yaeger, my classmate and friend of long standing, I am indebted for much I have learned in both cooking and nursing. She has been a source of unfailing inspiration through the many hard struggles of both school and lifework.

Whether a cook is born or made, much depends on his or her application to study. One should strive to get at least a little knowledge of the chemistry of cooking or he will not know what combinations do injury.

For this reason I place particular stress upon a careful reading and re-reading of the preface that you may get an idea of how to use this little book."

"Civilized man cannot live without cooks."—*Lucille*.

PREFACE

It is always well to state carefully the aim of a book.

My first object is to give a partial idea of scientific cooking whereby many may know how to improve their health and prevent kidney and stomach trouble, of which a great percentage is caused by not knowing what we should eat and how it should be cooked.

While I have taken a course in the three branches of cooking; Invalid, Plain and Fancy, I sorely feel the lack of ability or power to impart the knowledge which I found that I so much needed and which is needed in homes everywhere. However, I will do my utmost to give others the benefit of my experience.

A second object of this little book is to help young housekeepers of only moderate means to plan and cook meals that will nourish the system and still manage the financial part so as to save a husband's hard earned money, which should be one of the aims of all conscientious, thrifty housewives.

A third object is to enable those, who never have been able to save on their table, to do so easily with very little study. A few menus and rules will be given.

A fourth object is to give a few invalid principles and receipts so that people who cannot afford a trained nurse or intelligent help, may lessen the sufferings of the poor sick one by knowing how to make the stomach and nerves comfortable, by giving a simple and carefully prepared diet, which will greatly aid the doctor who feels the responsibility. Many invalids suffer

most pitiably because those who care for them are afraid they will give something they ought not to; or on the other hand, by giving too much. In either case the digestive properties of the food should not be destroyed by too fast or too slow cooking.

The fifth object, last but not least, is the help it may offer to banish the saloon evil. Good cooking is one of the most essential aids. If the system is properly nourished and nerves kept in fine condition the craving for drink will be absent. Many will doubt this and call it bosh, but, nevertheless, it is true.

While I have been working on this little volume, I have come upon the following little extracts from newspapers and elsewhere, that help to carry out some of my sentiments in regard to this subject.

A New York judge looked down upon
A culprit pale with fear;
"Your face," he said, "convinces me
Bad cooking brought you here.
The provender your wife prepares
Is surely wretched stuff;
What sort of biscuit does she bake?"
The culprit sobbed, "It's tough,"
The judge looked down upon the wight,
"You're not to blame, I think;
Bad cooking is the curse that drives
A million men to drink."

A girl's ideal at seventeen
Must have fine eyes;
Likewise a bold and striking mien
And faultless ties;
But later on her fancies roam
To one who'll bring his wages home.

A man's ideal at seventeen
Must be a sprite;
A dainty, fluffy, elfin queen
Of sheer delight;
But later on he sorter feels
He wants a girl who can cook meals.

This little extract shows the faulty system of education in both our public schools and American homes. False ideals. Domestic Science is looked down upon instead of being raised to the high professional ideal where it belongs. An ideal a girl should have the pleasure of being proud of instead of disdainfully casting aside. Watch what good old Germany is doing in this line. Read what you can of the Froebel system. Mothers should do all they can to train their girls, mildly, pleasantly and as intelligently as they can in this line and the public schools should help them.

A little of this training will not hurt the boys. There often come periods in their lives when such knowledge is very valuable. It is easier for mothers to do the work themselves, but this is not doing justice to the poor little untrained fingers or doing the duty God has mapped out for them. "He sat at the dinner table with a discontented frown; the potatoes and steak were underdone and the bread was baked too brown; the pie was heavy, the pudding too sweet, and the meat was much too fat; the soup too greasy, too, and salt, 'twas hardly fit for the cat."

The above extract shows a carelessly planned meal, or one gotten up by those who boast of getting meals in such a short time as fifteen minutes, slapped up in a hurry. This is one of the great faults of our American cooking—too fast—destroying the digestive properties of the food, thereby robbing the system of the nourishment it so much needs and causing great waste physically as well as financially.

I am indebted to my beloved cooking school teacher for nearly all of the principles which you will find at the head of each chapter, and which, let me urge strongly are often more important than the recipe you may be using, for by knowing these you can often

make up your own recipe scientifically and also detect mistakes in any you may happen to read. The chief object of the principles is to learn what is right for our hard working systems.

I started a little notebook of recipes when a very young girl always getting the recipe, if I could, of anything I thought delicious, and have on hand a fair collection, so that not all these recipes are my own, and I am selecting what I consider the most practical, cheapest, best and useful for all; just a little handy book for the poor and hard-working who have little time to read and study through long chapters and fancy menus.

Great care has been taken to show how a good nourishing diet may be provided by people of little means, making the home comfortable and happy.

With the hope that this little book will help a few, at least, of our many hard working housewives to make their work easier, more cheerful and professional, it is herewith submitted.

M. E. W.

Kenosha, Wis.

SOUPS

MEAT, VEGETABLE, FISH AND FRUIT

The principle of meat soup is to draw or rather extract as much nourishment from the meat and bones, also gristle and marrow, as possible, therefore cold water should be used and heated slowly and the meat and bone cut and sawed in small pieces. Clean scraps of each can be saved, both raw and cooked, steak bones and other clean scraps from the table, and when enough is accumulated, a delicious soup can be made.

In the winter time these can be kept in the soup kettle, but in the summer it is best to gather them in a jar or dish in the icebox and for not longer than two days. The meat should be lean and fresh. Soft water is best and it is good to soak it overnight or put the water on as soon as possible after getting up. In cold weather enough soup stock can be made at one time to last a week and many different delicious soups and gravies be made from it the rest of the week. It must not freeze but be kept very cold. If danger of spoiling on a hot night, it can be brought to a boil the night before and let simmer for fifteen minutes or it can be entirely made the night before, strained and simply skimmed and warmed next day. Do not let it get above simmering point (160-170 degrees) for a great part of the nourishment is destroyed above that point. The juices from the meat will be extracted in two or three hours, but the bones take four to six hours, so that it would be

well to put the bones over first, though not necessary. Leave the scum on as it contains albumen of the soup. Some think all the juices of the meat are extracted but not so. A little cooked cornbeef or other good meat can be added to the soup meat, flavored and made into nice hash or patties.

Flavorings should not be added till about one hour or a little better, before removing. Any desired vegetable may be used, and if the stock is made the day before, the vegetables can be simmered in a little hot water and added when soup is warmed.

Grated carrot colors it, also chopped parsley or spinach. Some like spices but these should not be used often. Salt and pepper or a little paprika can be added just before serving. Some people prefer to strain it before adding vegetables, otherwise strain before serving and skim off as much fat as possible, or let stand over night and skim off just before warming next day, and not until then as the layer of fat keeps nourishment in the soup. This latter method is best for invalids. Pieces of dry bread or tissue paper will greatly aid one in getting off the fat if going to serve at once, though a little of the fat does no harm, unless the stomach is very weak.

A handful of oatmeal added when putting meat over, adds to the proportion of nourishment.

Mutton makes a very nutritious soup—also chicken, but chicken is too expensive except the left overs of it, though it is all right to get it for the sick who unless very weak or forbidden by physician, can take strained soups of any kind. All soups are made according to the same principles.

When tomatoes are not on hand for flavoring, a good tomato catsup (about 1 or 2 tablespoonfuls) may be substituted. Some like it in all kinds of soup, adding a pinch of soda when used in milk soups.

A little jar of soup stock can be taken out before putting vegetables in, cooled and put in ice box to make gravies of. Vegetables that blend well together may be mixed to make soup if one does not happen to have enough of one kind. The fireless cooker is a blessing in soupmaking as well as other cooking. Little booklets of directions go with them.

HAMBURG SOUP

If one needs a soup in a hurry, this is a very easy one to make. For four people, take 1 lb. Hamburg (good), a small section of cabbage chopped, one piece of celery, one onion, one carrot and one or two good sized potatoes, and a little rice. Cut all up fine, put all together with 2 quarts of cold water and simmer slowly for two hours. Season and serve without straining.

If one has no meat grinder the meat can be chopped, or if the butcher grinds it he can remove the fat first. Round steak is meant.

If one desires, they can mix a little can of herbs for flavoring soups—marjoram, thyme, savory, bay leaf. Use about one even teaspoonful to a pound of meat.

Neck, ankle, shank and shin are most used for soups.

Broth is stronger than soup, using a pint of water to a pound of meat for strong, and one quart of water to pound of meat for weak broth. Soak bones if any in half of the water.

Puree is a thick soup of beans or peas.

In making creamed or vegetable soups, use about one pint of pulp (which may be diluted slightly with hot water when pressing through colander) to one quart of milk. These are more nutritious than stock soups. Some are often delicious without putting through colander.

Spinach makes an excellent soup for invalids—it should be boiled with scarcely any water and then made like potato soup. A double boiler is best, taking just a little longer to cook.

Corn soup is made the same, also, only it must not be cooked longer than five minutes unless made in double boiler.

White sauce is the foundation of creamed soups.

Avoid putting too much onion in any soup.

BEEF JUICE. (First-class way)

One-half pound beef. Don't cook any more at a time than needed. Trim off the fat and broil over the hot fire, turning every ten seconds for three minutes, no longer. If overcooked or just warmed juice will not run freely. Then cut meat on a hot platter, in one-half inch pieces, and gash with a knife.

Put into a lemon squeezer over warm water, but not too hot.

One-half pound meat will make 4 tablespoonfuls which is enough for a patient.

BEEF TEA. (Excellent)

This is stimulating but not nourishing, and if taken alone, about a half hour before breakfast, it often proves a good laxative; a half cup is sufficient for a patient. A pound of round steak makes nearly a breakfast cupful.

Take a half pound of round steak, remove fat, cut in one or two inch squares or pieces, put in pint fruit jar with a tiny bit of salt, and put cover on without rubber. Set in teakettle in cold water, on back of stove, or if gas range turn gas low when nearly ready to boil, or after simmering a few minutes, remove jar, when meat will be white and pour juice which is seen

at bottom, into warm cup. May pour a very little of hot water over meat in jar and pour off second time into cup. It is better for digestion without pepper, though it adds to the flavor of it.

POTATO SOUP

Three potatoes, $\frac{1}{2}$ teaspoonful celery salt (if liked), 1 teaspoonful salt, 1 pint milk, 1 salt spoon white pepper, 1 teaspoonful chopped or sliced onion, or a tablespoon will do no harm, $\frac{1}{4}$ salt spoon of cayenne pepper, 1 stalk celery, $\frac{1}{2}$ tablespoonful flour, 1 tablespoonful butter.

Wash and pare potatoes. Soak in cold water one-half hour, then boil till soft. Cook onion, celery and milk and pour into potatoes, then add other ingredients. Boil or better, simmer about four minutes, and serve. Better if onion is soaked in cold water, then simply warmed and drained before adding.

This recipe serves about three or four people. It can be made much simpler and if potatoes are old, par-boil five or ten minutes and throw first water away. A few homemade noodles are nice cooked in it a few minutes before taking up. A teaspoon or two of cream of wheat may be boiled with potatoes and less pepper may be used. Milk may be diluted if scarce, but it is not so nourishing. Left over Macaroni, tomatoes or other left overs may be used.

VEGETABLE SOUP

Two quarts of boiling water, 1 cup strained tomatoes, 1 tablespoonful chopped parsley, 1 cup each chopped onions, carrots and celery, $\frac{1}{2}$ cup each chopped turnips, parsnips, cabbage, 1 teaspoonful sugar, 1 teaspoonful salt, 1 salt spoon pepper; use all varieties of vegetables you wish.

Use about half as much pulp as liquid.

Cook cabbage, cauliflour, parsnips and potatoes, five minutes, and drain carefully. Parboil the onion and brown in butter, also carrots. Simmer the soup one and one-half to two hours, not boil. Always add sugar to vegetables. If white sauce is added, it should be mixed with some of the vegetable liquor.

SCOTCH BROTH

One-half cup Pearl barley, 2 pounds neck of mutton, 2 quarts cold water, $\frac{1}{4}$ cup each of carrots, turnips, onion and celery, 2 tablespoonfuls butter, 1 tablespoonful flour, 2 teaspoonfuls salt, 1 salt spoon pepper, 1 tablespoonful chopped parsley.

Pick over and soak the barley three hours or over night. Put bones to simmer in 1 pint of cold water, and meat in 3 pints cold water. Let it come to a boil and skim carefully, and then add the barley. Vegetables should be cut in dice, fry five minutes in one tablespoonful butter, then add them to meat, and simmer three or four hours till the meat and barley are very tender. Strain the water in which the bones have simmered. Cook 1 tablespoonful butter in saucepan with 1 tablespoonful flour. When smooth, add strained water gradually and stir into the broth; then add salt, pepper and parsley. Simmer ten minutes and serve without straining. Always trim off the skin of beef or mutton—also the fat before using. Excellent.

(Mrs. Sexton).

CREAM OF SPINACH SOUP

One-half peck of spinach washed four times with plenty of water. Use only the leaves. Pack into double boiler, without water, put cozy on and steam one hour. Press through press or colander.

Have ready a white sauce of one tablespoonful of flour rubbed in one or two of butter, and 1 quart of milk with a little pinch of soda, salt and very little pepper (if for an invalid, leave out pepper). Cook till it thickens. Add the spinach, stir or beat quite well and serve at once. Excellent for an invalid.

Just a little white sauce may be added to a little of the spinach and served on a piece of toast.

CREAMED CELERY SOUP

Parboil a bunch of celery, 1 good sized onion, about ten minutes, cut in pieces, and drain, pour on fresh boiling water enough to cover, simmer one hour and put through a coarse colander. Scald 3 cups of milk in double boiler, add to it celery and also the water in which celery was boiled, and $\frac{1}{2}$ tablespoonful flour (rounding); with 1 of butter rubbed or melted in tiny granite pan. Stir, let steam about three minutes and serve. It may be flavored with a cup of strained tomatoes in which is a pinch of soda. Not necessary to heat the tomatoes, have them in a warm place ready to season.

Serve with croutons or browned crackers. This may also be made like creamed tomato soup.

CREAMED TOMATO SOUP

Tomatoes may be strained or not, and heated or not, as one likes. If heated, remove just a minute or two before adding milk gravy or they will curdle it. Put in $\frac{1}{8}$ to $\frac{1}{4}$ teaspoonful of soda into tomatoes, according to the principles given. The proportion is about a quart of milk to 1 can of tomatoes and 1 or 2 tablespoonfuls of flour and butter according to thickness one desires.

Season. Onion and flour may be added or omitted, making a thick or thin soup.

TOMATO SOUP. (For six people)

One can tomatoes, one good sized onion, 1 tablespoonful flour, one teaspoonful salt, 2 teaspoonfuls sugar, a little paprika. Brown butter, flour and onions (stirring constantly), lightly. Add two cups warm water and the tomatoes. Boil fifteen minutes, strain and serve.

BEAN SOUP. (Invalid Style)

For six or seven people, take about three breakfast cups of beans. Put over in cold water and when they come to a boil add $\frac{1}{2}$ teaspoonful of soda. Drain, add boiling water and parboil five to ten minutes. Strain and parboil again in boiling water for the same time. Simmer two and a half to three hours in the fourth water (have plenty of it). If you wish to save stock for gravy, drain off a cup or two before mashing or putting through colander. Add cup of milk and 4 rolled crackers, butter and onion cut small, which has been parboiled and drained. Season. Let come to a boil and serve. Excellent.

For common use, this need not be put through colander.

DRIED PEA SOUP

The same as bean soup.

OYSTER SOUP

Let 1 quart of oysters come to a boil, in 2 cups of hot water. Simmer about ten minutes. Add 1 quart of scalded milk and 2 or 3 rolled crackers. Season with butter, pepper and salt. Serve with oyster crackers.

FRUIT SOUPS

These are used considerably in Germany. Children are very fond of them. Usually made of grapes,

prunes or apples. They are served cold. They are simply the sauces with more water added and simmered for a longer time than sauce, and the fruit mashed or strained. Arrowroot or flour is used for thickening and lemon for flavoring.

FISH

Two kinds of Fish. { Red Blood—Fat distributed throughout
 { White Blood—Fat distributed in liver.

Fish is alkali and requires some lemon juice or acid.
 Oily fish should always be boiled, not fried.

Red.	{	Salmon. Eel. Herring.	White.	{	Cod. White fish. Shaddock. Bass. Brook and lake trout.
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Buy fish in which the eyes are prominent, scales bright, flesh firm and odor fresh.

Fish must be fresh, the fresher the better.

Never leave fresh fish in water over night. Clean and dry, salt, wrap in paraffin paper and put right on the ice. Fish must be always well cooked.

Great care must be taken with dishes which have been used for preparing and cooking fish, thoroughly wash, scald and put in sun or they will taint other foods, the broiler especially.

SALMON LOAF OR SALMON BAKE

One can of salmon, drain off the liquor, 4 eggs beaten light, four tablespoonfuls melted butter, $\frac{1}{2}$ cupful fine bread crumbs, season with salt, pepper and parsley.

Chop or break fish fine, then rub butter in till fine and smooth. Beat the crumbs with the eggs and seasoning before working them together. Steam one

hour in buttered mold. Two good baking powder cans (1 pound) will do.

Left over cream of wheat may be added to this and only 2 eggs and a little milk used, or in Lent when fish and eggs are not allowed at the same meal use more cream of wheat and leave out the eggs. A little cream may be added.

SAUCE FOR ABOVE

One cupful of milk heated to boiling point and thickened with 1 tablespoonful corn starch, or 2 of flour. Add liquor of salmon and butter if not rich enough, 1 raw egg, 1 teaspoonful tomato catsup, pinch of cayenne pepper, one tablespoonful of chopped sour cucumber pickle. Rub egg in last and very carefully. Heat one minute. Turn fish from mold on heated platter and pour the sauce over it. Serve at once. This sauce can be made for other fish. The egg may be added after gravy is removed from the stove.

BAKED TROUT (Very Good)

Cut off fins with scissors, or with a sharp knife (paring). The backbone with all the other bones can be easily slipped out, after loosening the flesh from them with knife, cut off the head. Lay an old toaster on bottom of dripping pan (one without handles), well greased, both pan and toaster. Lay fish open and flat, skin side down. Season with butter, pepper and salt and dredge with flour. Baste with milk or cream two or three times while baking. Bake till golden brown.

Can be served with sauce for salmon loaf or cream gravy, or tomato sauce. Time, about three-fourths to one hour.

STUFFING FOR BAKED FISH

One cup stale bread crumbs, 1 saltspoonful salt, 1 saltspoonful pepper, 1 teaspoonful pickles, 1 teaspoonful chopped onion, 1 teaspoonful chopped parsley, 1 teaspoonful of chopped capers, $\frac{1}{2}$ cup melted butter. This is dry stuffing.

Stuff the fish after cleaning thoroughly. Cut one or more gashes, put in slices of bacon in gashes. Put a skewer or cord through to make it stand in form of the letter "S." Put on a rest such as an old toaster, well greased. Wrap paraffin paper around the tail. Cut off fins with scissors. The fish is supposed to appear as though swimming. Surround the platter with any nice sauce. Baste very often with milk or little butter and hot water.

HOLLANDAISE SAUCE (This is nice for fish)

One-fourth cup of butter, yolks of 2 eggs, juice of $\frac{1}{2}$ lemon, 1 saltspoonful of salt, $\frac{1}{4}$ saltspoonful cayenne pepper, $\frac{1}{2}$ cup of boiling water.

Rub butter to a cream, add yolk, one at a time, and beat well. Add lemon juice, salt and pepper. About five minutes before serving, add boiling water. Place bowl in double boiler. Stir rapidly until like boiled custard.

Pour around meat or fish.

PERCH

To fry or bake, the latter is better. Soak in cold water a half hour, then skin (they skin very easily), and put in cold water slightly salted. Lay on a towel and dry off a little. If to be kept till next day, salt and lay plate right on the ice. Roll in flour, or egg and bread crumbs, season and either fry or bake a rich brown.

BROILED MACKREL

Soak mackerel over night in cold water. Change water before retiring. In the morning, wipe off and broil on well greased broiler; if using gas, light it a few minutes before so that broiler will be heated. Charcoal broilers can be bought which are very good, as they can be used with or without a fire in the range. Serve on platter with white or other sauce.

BOILED TROUT

It is necessary to have a regular fish pan. It takes about the same time as to bake, or a little longer. Put on in cold water and boil very gently. A little vinegar, red pepper and salt may be added to the water. Steaming is more delicate than boiling.

CANNED SALMON (Salmon Souffle)

Free one can of salmon from all skin and center bone. Put in cake bowl and rub smooth, add to it the beaten yolks of 2 eggs; beat and season with a little paprika, salt and butter. Last add the beaten whites. Bake in hot oven.

Canned corn and mashed potatoes may be prepared the same way. Milk may be added to any of these.

The potatoes are often called potato puff or puffs if fried like croquettes.

CREAMED SALT COD FISH

Put cod fish to soak over night in cold water or very early in the morning. Change water and set on back of range. Let it come almost to a boil and cover and keep hot for half an hour. Drain and separate into small pieces, removing skin and bones, if any, leaving nothing but the nice, clean flakes.

Put into white sauce and serve. Delicious with toast or baked potatoes. Nice for an invalid.

COD FISH BALLS

Prepare fish as above, only shred a little finer, add to it the same amount of mashed potatoes and an egg if liked or fish may be added to potatoes and then mash. Mix and form into balls. Fry on a griddle like griddle cakes or in boiling fat like croquettes. Other fish can be prepared the same. A little cream or milk may be added. Any left over fish may be shredded and escalloped with white sauce, and crumbs.

Cold cooked fish can be cut fine and added to a very thin white sauce for fish soup, same as creamed soups. One cup cod fish to 1½ quarts of milk. Serve with croutons or crackers.

FISH CHOWDER

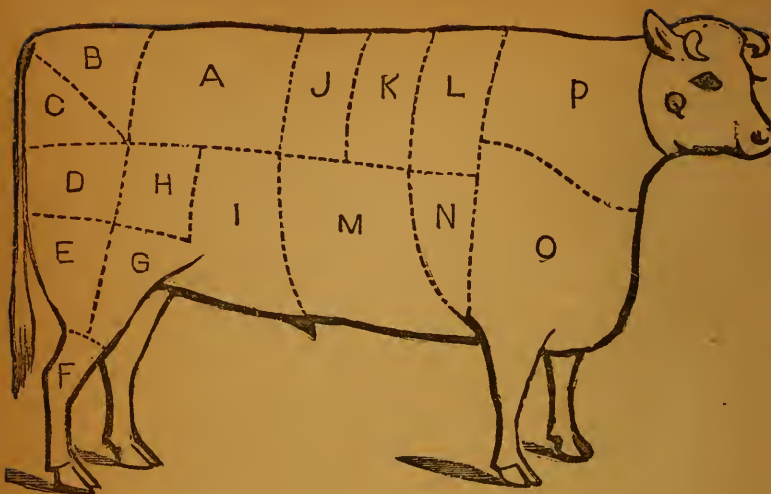
Any fresh fish will do. Canned clams make good chowder. Cut the fish in pieces and put in layers in a pudding dish with bits of fat pork, pepper and salt between the layers. Some use a few bread crumbs and sliced potatoes between the layers. Bake for about a half hour, then put on crust of mashed potatoes rolled with flour or biscuit dough and bake another half hour. It may be flavored with a little onion cut fine.

ESCALLOPED OYSTERS

Make either in baking dish or on fish shells, placed in dripping pan or on grate of the oven, a layer of oysters, a few cracker crumbs, white sauce and so on till dish is full. The shells sometimes only hold one or two layers. Bake till nice and brown.

Oysters are nice fried plainly or rolled in egg and

cracker, one, two or three together, or if wanted fancy, (pigs in blankets), roll a thin piece of bacon around each large oyster and put toothpick through for a skewer, then fry. May be put in wire basket and fried in deep fat.



BEEF

FORE QUARTER.

- J. Fore ribs (five ribs), considered a prime roast piece.
- K. Middle ribs (four ribs), for roasts.
- L. Chuck ribs, for second choice roasts.
- M. Brisket, for soups, corned beef, etc.
- N. Shoulder, for pot roasts, stews, soups, hash, mince meat, etc.
- O. Sticking piece (neck), for sausages, mince pie meat, stock, soups, etc.
- P. Same as O in name and uses.
- Q. Cheek.

HIND QUARTER.

- A. Porterhouse and sirloin steaks; also choice roasts.
- B. Rump, for corned beef, stews and steaks.
- C. Aitch bone, for pot roasts, stews, etc.
- D. Round or buttock, for steaks, pot roasts and boiling.
- E. Round, for boiling and stewing.
- F. Shin, for hashes, soups, etc.
- G. Thick flank, for stews, corned and pressed beef; also a nice boiling piece.
- H. Veiny piece, for dried and corned beef.
- I. Thin flank, for corned beef, boiling, etc.

"Some hae meat, and canna eat,
And some wad eat that want it;
But we hae meat and we can eat,
And sae the Lord be thankit."

—Burns.

In a beef there are two fillets, one on each side in each hind quarter, which is the most expensive part of the beef. The fillet is the same as the tenderloin of a porterhouse steak. When the fillet is taken out and larded (placed on thin piece of board) the porterhouse is then sold for club steak.

The plate or brisket, skirt flank and flank are not seen from the outside or given in this cut, but are underneath and toward the inside of the beef.

Besides the parts here given, are the heart, tongue, kidneys and liver, that may be prepared in many nice ways. The ox tail is used for soup.

Other animals are cut nearly the same; corresponding parts often have different names.

A FEW USES OF THE DIFFERENT CUTS

Forequarter	Neck	{ Stocks, Soups, Mince-pie Meat, Hash, Bologna Sausage, Broths—very nutritious.
	Shoulder Piece	{ Knuckle Bone for Soup, Stews, Soups, Pot Roast (most common use), Mince Meat.
	Shank	—Mostly for soups and stews.
	Chuck	{ Roasts } Second quality. { Steaks }
	Middle Ribs	—Four ribs used for roasting.
	Fore Ribs	{ Roasts, Rib Steaks.
	Brisket	{ Corned Beef, Stews, Spiced Beef, Soups.
	Cross Ribs	—Stews.
	Porterhouse Steak	{ Choice Roasts.
	Sirloin Steaks	
Hindquarter	Rump	{ Steaks, Stews, Corned Beef.
	Aitch Bone	{ Stews, Pot Roasts,
	Round	{ Steaks, Beef à la Mode, Pot Roasts, Stews.
	Mouse Round	{ Stews, Soups.
	Flank and Veiny Piece	{ Stews, Corned Beef, Dried and Pressed Beef.
	Shank	{ Soups, Hashes, etc.

MEATS

It is not always the most expensive meats that are the most nutritious, nor the tender so much as the tough. One can save much on the table by carefully cooking and making many palatable and nourishing dishes from the cheap meats, or by making the expensive meats into dishes that will require less of it than when cooked alone, and still supply the nourishment the system demands.

In boiling meats very careful attention must be paid to the temperature of the water and never use salt till it is done. Place fresh meat in kettle of boiling water (soft water is best), and when it comes to a boil, do not skim, as this is not dirt but one of the most nourishing properties—the albumen, and then place where it will simmer very slowly, constantly for two or three hours. This immersion in boiling water hardens the fibrine on the outside so that it retains the rich juices or the nourishment. Salt extracts the juices, hard boiling hardens and makes it very little better than leather. A heavy iron kettle helps to retain this lowness and evenness of temperature, better still the fireless cooker. Bubbles should appear in one or two places only, not all over the top.

Salt meat should be put on in cold water, this freshens it. Some are improved by soaking in cold water over night and change water in the morning, as salt pork. Allow about fifteen to twenty minutes per pound for fresh meat and thirty-five for salt meat.

Modify this if the quality demands it. Beef and mutton require less time than veal and lamb which must be thoroughly cooked, also pork.

A pod of red pepper boiled with meat, will prevent the unpleasant odor. Where the housewife has gas for cooking the temperature can be very easily regulated, but in the country a one-burner coal oil stove is the cheapest though not the best. These can be regulated with little watching. Easiest of all a fireless cooker.

Roasting proper is unknown in these days. The name is now applied to baked meats. Roasting proper is done before the coals, turning and basting and gradually moving back from the coals as it nears completion. While it is an excellent method of cooking it is a very hard one and requires so much time and attention that in these busy days, is not practical.

Roasting or baking in the oven is much easier and simpler. The oven must be hot, but not so it will burn. If an open pan is used the meat should be set up from the bottom (an old toaster will do) and basted very often.

Do not wash but wipe with a dampened towel. If meat has been kept too long, wash with vinegar or dip into hot baking soda water, then dust with flour. If fire needs replenishing, add only a little fuel at a time, much fuel will check it too much. For beef and mutton, fifteen minutes to the pound and fifteen minutes longer,—for pork, veal and lamb twenty minutes to the pound and twenty minutes longer. Very tender meats, eight, nine, and ten minutes. When done it is a rich brown and the bottom of the pan is covered with a rich, brown gravy which should be retained while pouring off the fat. If left to stand a few minutes it will settle so that grease can be easily removed. Never salt before cooking or while cooking. The

gravy is good thickened or not thickened, this latter is easier digested. Season just before serving. Some soak tough steaks or meats for two hours, turning four or five times, in a plate of salad oil and vinegar; butter may be substituted for the oil.

Flavor of meat depends on the age, the younger animals have less flavor than the older.

Where the most movement is there is the most nourishment, as the most blood flows there, such as the neck which is best for broth. Sirloin has but little nourishment, while round steak is very nourishing. The tenderloin is inside where there is not so much movement, it runs along the back. The prime rib roast is from third to sixth rib and is the very best roast.

Broiling and roasting are the best ways of cooking meat and should be cooked this way for invalids.

In broiling over coals there is much valuable fat wasted, but scientists say we make up for the loss in using little fuel and retaining nearly all the nourishment of the meat.

Pan broiling without grease is nearly as good as broiling over fire. Wrap in paraffin paper and turn frequently.

Meat to broil should be tender, wiped with damp cloth, not washed, always placed on greased broiler, cleared of the outside skin and fat.

An inch thick steak takes four to six minutes to broil or fry. Temperature high at first then lower or move meat further away.

Meats of short fibre as white of chicken and lamb chops are best for invalids as they are more easily digested than meats of long fibre, also more tender.

When meat is cooked correctly, it is pink inside.

To fry meats, lard can be used, but suet tried out is cheaper and easier digested. Soak suet for a day

in cold water, changing once or twice to remove tallowy taste (cut in small pieces) then put a little milk with it and render very slowly, do not stir or burn, just loosen from bottom, strain in cups or little jars, excellent for all kinds of cooking. If lard is used, a piece of raw potato fried first will remove the strong taste.

To extract juice from meat, warm it, squeeze it out with lemon squeezer or little fruit press and mix with milk. If desired, it may be warmed in double boiler and seasoned. Tender meats require quick cooking while tough meats require long, slow cooking.

If meat is frozen lay in a warm room over night or put in cold water for a few hours. If cooked before it is thawed, it will be tough. Never allow frozen meat to thaw till just before cooking. Meats lose from one-fifth to one-third of their weight in cooking. When meat is nicely cooked it is puffy and juicy, but when not is solid, dry and leathery.

Diseased meats—measley pork is dotted with grayish spots and can be detected with the naked eye. It is sometimes used in sausage.

If meat has a blue tinge it has tape worm parasites.

If an animal has died of internal or contagious disease the flesh should not be used, or if it has been killed while suffering from such. In tubercular beef, lungs stick to ribs. The same is true of chicken. In turkey diabetic liver is green.

Fats should be cooked at a low temperature, or they will irritate the bowels (where they are digested) becoming or containing too much fatty acid glycerine. Many suffer from intestinal indigestion as well as from dyspepsia,—drowsiness and loss of ambition are symptoms.

Chowder is a fish stew.

Ragout is a high flavored stew and wine added.

Pot-pie is a stew with an upper crust baked in the oven.

A braised stew is a sort of an Irish stew baked in oven, an oven stew.

Fricassee is usually chicken, cut in pieces stewed, then browned in butter and smothered with a nice gravy.

Sauteing is frying in enough grease to prevent sticking and is usually miscalled frying.

Just a few meats and few suitable accompaniments for an occasional Sunday dinner and feast days. Epicures made a study of these and we use them to our advantage:

Roast beef, Yorkshire pudding, brown gravy or tomato sauce. Horseradish, mustard or pickles aid in the digestion of beef.

Roast pork, apple sauce.

Roast veal, dressing, tomato sauce, spinach.

Roast lamb, mint sauce, green peas, currant jelly.

Fricasseed chicken, boiled rice,—stewed chicken (whole or not) garnished with hominy (fried)—fried chicken, cream gravy.

Roast turkey, cranberry sauce or currant jelly, green peas.

Roast goose or duck, flavor stuffing with onion and celery salt, apple sauce, currant jelly or cranberry sauce, green peas.

Venison, currant jelly.

Stewed mutton, turnips, tomato sauce.

Corned Beef, cabbage, cucumber catsup, mustard or any tart sauce.

Liver and bacon, horseradish and fried onions. The fresh bacon or new pork is nice with liver.

Tomatoes are good with nearly all kinds of meat.

Sweet potatoes are nice with roasts.

A fruit or vegetable salad goes well with a heavy dinner.

Irish potatoes mashed are nice with fowls.

Garnishes for Platter, parsley, lemon sliced thin, beets, cottage cheese, carrots, dumplings (can be used as a garnish for stews), fried potatoes (French) or potato balls.

BROILED STEAK

(Use this same rule for other broiled meats, only steak takes less time).

If burning wood in the range, have a good bed of live coals. Grease the gridiron or broiler well with butter or suet from the steak. Place a thick, tender steak upon it and when done on one side, place it upon a warmed, buttered platter, without pressing it so that the juices will run on the platter; quickly put it back on the broiler and cook the other side. If steak gets dry, keep putting on melted beef fat or if inclined to burn, move it a little away from heat. When done, put on the platter again and season with butter, pepper and salt and put where it will keep warm for a few moments. Heat the plates for serving. If five or six tablespoonfuls of hot water are put on platter before meat, it makes a fair gravy. Never season before cooking.

Some prefer to sear one side, turn quickly and sear the other and turning often till done. Do not stick with the fork while turning as it lets the juices out.

Where the double toaster is used, it is easily turned, otherwise a small pair of tongs is better than a fork,—candy tongs will do.

Some like a little chopped parsley sprinkled over it and some lemon juice dropped here and there.

After browning, it can be moved just a little from the coals so that the center will cook, or, place on

warm platter and set in oven quickly, if not too hot.

If broiling underneath the oven of a gas range, light the oven about ten minutes before needed. This is an excellent method for a very thick steak only it requires about twice as much time. The gas can be lowered after browning. Plates should be warmed.

Charcoal is very much used for broiling meats; a handful will broil a pound of steak.

FRIED STEAK

The secret of frying steak as all other fried foods is to have the grease so hot it will sear the outside at once, and at the same time seal up the juices. This searing makes it so it will not absorb the grease. Have plenty of fat, the more the better; it can be poured off and used again if one is careful and not scorch it. Brown both sides of steak and move to a cooler part of the range to finish. Cover towards the last, to thoroughly heat the steak through. Some prefer it not covered. Serve on a hot platter and on hot plates.

After pouring off the grease, pour nearly all the gravy over the meat, then add from one-half to one cup hot water and stir well while cooking, so as to get all the juice from bottom of frying pan, and pour this over also. This last may be thickened by adding a tablespoonful of flour and a little butter before the water, but it is easier digested unthickened, and may be poured over the steak or put in the gravy bowl. This latter when mixed with the juices from steak which run while serving, is called platter gravy and is the best kind of gravy.

SMOTHERED ROUND STEAK

(Excellent for invalids)

Trim off the outside skin and fat. Cut in pieces just large enough to serve each person on a piece.

toast. Roll these pieces in flour and brown in butter in frying pan. Part of the suet from the steak may be rendered in the pan before putting butter in. Pick out the stringy pieces. After simply browning both sides of the steak, add 3 teacups of boiling water or little less to the pound. Move to back of range, cover tightly and let simmer very, very slowly from one and a half to two hours, turning over when about half done. Serve on platter of toast or by itself. A little more flour may be added to the gravy or a little sweet cream. Season just before placing on platter.

An onion which has been carefully prepared, may be browned with it. Very nice served with baked potatoes.

If meat is very tough, add a pinch of soda. This is a very nourishing and cheap dish and it is delicious.

POT ROAST

(An easier method than the old fashioned one)

Almost the same as above, only more meat is required and left in one chunk and vegetables (onions, carrots, etc.) are browned with it. An iron kettle is used instead of frying pan. Add peeled potatoes about an hour before serving. Simmer about three hours after browning. Brown in fat which has been cut off the meat.

BROILED HAM

Trim off considerable of the fat; freshen a little if too salt, dry with towel. A few thin or chopped pieces of the fat may be spread on top. Broil till a rich brown. This method requires a good grade of ham. Two slices ought to serve six people.

BAKED HAM NO. 1 (Sliced)

Cut off all the fat and chop in chopping bowl or put it through a meat chopper, using the coarsest knife. Spread over the slices of lean, adding about a teaspoonful of sugar to sprinkle each slice. Season with a little pepper and bake one-half hour in a brisk oven,

BAKED HAM NO. 2 (With sweet potatoes)

If family is large, it is well to get a whole ham, if not, get what is needed. If very salt, put on in cold water and let come to a boil. Add a little soda just before changing water,—it seems to clean it.

Now cover the second time with hot water from the tea kettle. Place on back of range and let boil very, very slowly from two to four hours, according to amount of ham; it cannot boil too slowly. Take up and peel off all the skin. Have some sweet potatoes parboiled and skinned. Put in dripping pan and bake one to two hours, basting very often. If one has a double roaster, all the better.

The pieces of ham skin can be laid over the potatoes for a while. This dish can be made with the shank end of ham, costing from 25 to 50 cents. If shank is too large the butcher will cut off a slice or two which can be kept two or three days for another meal.

NEW ENGLAND BOILED DINNER

Get the shank end of a ham, a small piece of corned beef and a small piece of fresh beef; a pound of each will serve six people.

For each person prepare a small section of cabbage, a small piece of carrot or two, a piece of turnip, two small onions, or one medium, and two medium sized potatoes peeled. Scrape the ham nice and clean or

clean in hot baking soda water. Have the meats simmering about two hours before putting in vegetables. Allow about one hour and a half for the turnips and carrots, all the rest require one hour of moderate boiling. A large heavy iron kettle is best. It may be all taken up together on large platter, or the potatoes may be separated from the rest.

Nothing but a simple dessert is required with this dinner.

CORNEBEEF AND CABBAGE

If corn beef is very salty, soak over night in cold water, or put over in cold water early in the morning and when it comes to a boil, change water, putting the second water on hot from the tea kettle, then simmer very slowly four to six hours, according to size of piece. If to be served cold, take out before putting in cabbage and put in a small deep dish, putting some of its own liquor around it; let it stand in this till it gets cold or all night. If it is all to be used at once, cabbage can be cooked with it, but must be cooked slowly. It is better to remove beef as cabbage should be cooked a little faster.

TO CORN BEEF

To 10 pounds of beef, use saltpetre the size of a walnut, 1 tablespoonful brown sugar and a brine of rock salt strong enough to bear up an egg. Let brine stand for two days and skim before putting it on the beef and skim every two or three days after. This is for winter use. If weather turns warm, the brine can be drained off, scalded and cooled. Return and skim as before. The beef is ready for use in ten days. Large, well glazed stone jars are best. Ten pound pieces are a nice size for cooking.

BAKED HAMBURG

One pound Hamburg steak, 1 cup boiled rice, 1 cup tomatoes, $\frac{1}{2}$ cup bread crumbs. Season with salt, pepper and butter. Mix well and bake in granite baking pan, nearly three quarters of an hour, in moderate oven. When medium brown on top, it is done.

Cream of wheat or other food left from breakfast, may be added. A little chopped parsley or onion browned, adds much to the flavor. Paprika may be used instead of pepper.

CREAM DRIED BEEF ON TOAST

Ten cents worth of dried beef will make two meals for four. Tear the beef or rather shred or chop it fine, taking out the skin and strips of tallow. Place in heavy spider, add a good tablespoonful of butter and let melt adding 1 tablespoonful of flour. Stir, then add slowly 2 to $2\frac{1}{2}$ cups of milk, stirring till smooth and thick. Pour over platter of toast. Excellent. This may be served without toast, with baked potatoes.

CREAMED HAM ON TOAST

The remnants of a boiled ham may be chopped coarsely and served the same way as above.

CREAMED MEAT (Sort of Souffle.)

An egg beaten separately and about $1\frac{1}{2}$ or 2 cups of chopped meat of any kind, may be added to the white sauce for creamed dried beef and baked in the oven slowly one hour. Bread crumbs may be added.

CREAMED BACON

Brown bacon nice and crisp, not burn, fry it slowly. Place on platter, drain off grease all but enough to

saturate smoothly a good tablespoonful of flour, add 2 to 2½ cups milk slowly and stir till thick; season with pepper and pour over bacon. A little butter may be added before creaming. For an invalid, after browning the bacon, lay on white paper in the oven about two or three minutes, to drain the grease well. Serve dry on dry or buttered toast. Half water instead of milk may be used. This last is an excellent garnish for vegetable salad.

BEEF STEW, WITH PEAS

One pound from the neck of beef. Cut in about six pieces, brown in butter, add one-half can of peas, two medium sized carrots, cut in strips, cover with hot water and simmer one and one-half to two hours, and serve.

IRISH STEW (Delicious. Easy to Make.)

Two and a half or three pounds of meat will make a good dinner for about eight people. Scraps of steak or roast beef, carefully trimmed and cut with a pound of fresh round steak, or a piece of the neck will do, instead of buying all fresh meat. Leave the steak bones in till just before thickening, first putting them on in cold water, and when this is just about to boil, add the meat, set back and simmer. Much valuable nourishment is thus drawn out of the bones. The fat and gristle should be removed and meat cut in ½ to 1 inch cubes. Fry the fat in spider and brown the vegetables, cutting the carrots in strips, turnips in dice, onions crosswise, three or four times, then slice. Put vegetables in about one hour or little better, before serving, slice the potatoes or quarter them, and put in about three-fourths of an hour before. If dumplings are made, allow about fifteen minutes, keeping well covered with cozies.

Put meat and vegetables in center of platter and garnish with the dumplings or half biscuits instead.

Avoid getting in too many vegetables. Taking all together about what would make an individual vegetable dish for each one, if vegetables were served separately.

For supper, the above can be made lighter by serving on platter of toast without dumplings. When made without dumplings, it needs a little thickening. Can be made much simpler and be very good. The secret of it is to simmer and not boil. A small handful of oatmeal put in when meat is put over adds to the nourishment.

POT PIE

This can be made with veal alone, chicken or any nice meat. It can be also made similar to the Irish stew with left over meat, and adding a little fresh meat. Meat can be used alone or with a flavoring of vegetables. Cut up small and simmer as the Irish stew is made, then put in a deep baking dish and cover with a biscuit crust, or a mashed potato crust rolled out with flour. Bake a rich brown in moderate oven. Serve in the baking dish. Veal stew which is made by cutting a pound or two of veal into six or more pieces makes a good pot pie.

BAKED MEATS (Miscalled Roasted.)

A heavy frying pan, an iron kettle, a dripping pan or best of all a good double roaster made with two covers, the inside part and cover made of a finer material than the outside. Most of them are made with a material that is very trying to take care of. It is well to clean and dry thoroughly, then grease and

wrap in newspaper, before putting away. If used once or twice a week, this latter is not necessary. The temperature of oven must be very high at first, even if using double roaster, it is well to set the meat in uncovered for ten minutes, to sear the outside. Do not salt till nearly time to serve; salt toughens. A little suet can be rendered in pan first or use some that has been rendered; brown the meat all over in it, on top of the stove or turn it in the oven for the first ten minutes. Some use half a cup of hot water, but it is not necessary. A tiny roast can be made on top of the gas or range, in the frying pan, by first browning, then lower temperature and cover tightly with a granite cake tin to fit, turned upside down; this will keep it basted. Put cozies over it. Roast pork is nice with an onion cut over it and a little flour. The secret of all delicious roasts is plenty of basting and the right heat, first high, then moderate. The double roasters do their own basting. Two round granite pans, one turned upside down to fit, makes a fair imitation for a little roast.

In making the gravy, add flour before the hot water and stir till smooth, trying to get all of the good stuff at the bottom of the pan, by making it slowly, stirring well from the bottom, season, add a little cream or rich milk. The gravy is nice and easier to digest without thickening. Simply add a little hot water, stirring well. The platter gravy or juice that comes from cutting, is the best kind of gravy.

Roast is nice warmed over whole or sliced and laid in the gravy and just warmed through. It may all be fixed nicely in a baking dish and placed in steamer.

Dressing for veal may be steamed half an hour or more and then baked about twenty minutes, basting with the veal dripping that bastes the veal.

CROQUETTES

Take any cold roast meat or even boiled, chop it fine or put through grinder. Moisten with rich milk or cold gravy. Add 1 egg, 1 cup of boiled rice, season with salt, pepper, onion or sage. Roll in cylinders or patties, dip in egg and bread crumbs, and fry a nice brown in deep boiling fat, with wire basket, as doughnuts. Rice may be left out. The above may be made a little more moist and dropped from a spoon on hot griddle and bake as pancakes.

MOCK DUCK OR STUFFED STEAK

Take a round or flank steak, spread with your favorite stuffing, roll up and tie with grocer's twine. Have a dripping pan ready with some hot beef fat. Place in oven and baste often. Bake about three-fourths of an hour or little less, or bake in double roaster, and prepare fat just the same as for dripping pan. Make the gravy as for other roasts. A thin piece or two of thin pork or bacon is nice, laid over the top to flavor and baste it.

STEWED BEEFSTEAK

Stew a good, thick rump steak in $1\frac{1}{2}$ cups of water, with a bunch of sweet herbs, 1 blade of mace, 1 onion with 3 cloves stuck in; simmer about two hours. Thicken with 1 tablespoonful of flour rubbed in 1 tablespoonful of butter. Add 2 tablespoonfuls of lemon juice, either at first or last. Brown the meat in butter in frying pan and after putting on platter, add the juice to the frying pan and pour over the steak.

HASH

Any cold meat can be used for hash and a little corn beef or ham added, flavors it nicely. Corn beef or ham alone or together make a delicious hash. It requires almost twice as much potatoes in bulk as meat. The meat requires more chopping than the potatoes. Moisten well with hot water and rich milk, season with salt, pepper and chopped onion. If not sufficient potatoes, use chopped bread. A little of any vegetable left over, may be used for flavoring, or a little of the stuffing from fowls, also the cold gravy. Put in hot iron spider and bake about a half hour or till a nice brown on top. Serve on a platter of toast or if baked, in a nice shallow granite pan, it can be served in same. The pressed corn beef may be used but not so nice as the home cooked.

STEAMED VEAL LOAF

Chop or have butcher put through the grinder, 2 pounds veal, either from leg, loin or steak, with 2 thin slices of good bacon or little better. Roll 4 or 5 crackers (Uneda Biscuit). Add these to veal with 1 egg; season with pepper, paprika and very little salt. Mix well together and pack into baking powder cans. Grease cans and dust with rolled crackers. Steam about two hours. Serve on platter with white or tomato sauce flavored with the little juice that comes from the veal after steaming. The spiced pudding can be made and started one hour sooner, or more veal can be prepared, it is nice sliced cold. This makes two one pound baking powder can loaves. Bread crumbs may be used instead of crackers. A little milk may be added also, enough to make it moist. Warm before putting in steamer with brown bread.

VEAL JELLY LOAF

Two pounds veal steak and a veal shank or soup bone. Put the shank over in cold water, when it comes to a boil, add the veal steak, let come to a boil again, then simmer two hours or more till the bone separates from the meat, season with pepper and salt. Pick out the best pieces of meat and lay in a granite loaf tin, strain liquor over it and set away to jell. Some like the juice of a lemon added.

The part in the strainer and the bones can be put with the soup meat, as all the virtue is not out of it. The veal must be washed several times and then examine very closely for fear of hair.

PORK STEAK AND PORK CHOPS

Put in heavy dripping pan and bake in oven till a rich brown, turning two or three times, season, make gravy after pouring off considerable of the grease. Some like a little sage, or chopped onion sprinkled over it while baking.

HAMBURG PATTIES

Simply form meat into patties with knife and palm of hand or press into a sort of loaf and slice, or press it in the shape of a large pancake, only thicker. Brown on both sides with a little onion cut around and over it, then move to back and cover or uncover, but let stand a few minutes for center to cook. I lace on platter and set pan back on fire to brown gravy; add a little hot water to gravy and pour over meat. Season both before removing from stove. The same can be dipped in egg and cracker crumbs.

Onions may be sliced over top of patties and placed in the hot frying pan in which some beef fat has

been heated and bake in oven fifteen to twenty minutes. —

SPRING CHICKEN

This is used for frying but is easier to cook and better if prepared as for frying and baked one half hour or little better, in a double roaster. A delicious brown gravy can be made with browned flour and a little rich milk or cream added. The pieces of chicken may be rolled in flour before baking.

FRICASSEED CHICKEN

If chicken is old and tough, put in boiling water after cutting as for fried chicken and simmer three hours or more. Skim off chicken fat and put in frying pan; add a little piece of butter to the chicken fat and brown chicken, after rolling in flour; place on platter and make a gravy with the juice from kettle poured over the contents of frying pan which has been mixed with flour. Add a little cream or milk if desired. Pour over chicken on platter. The stewed chicken is very nice without browning, with dumplings or little biscuits placed round the edge of platter and the gravy thickened and poured over all. A small pinch of baking soda added when first put over will make it more tender.

WILD DUCK

Split it down the back, spread and place on greased broiler. Broil and finish by setting in oven a few minutes to thoroughly cook. Season. If soaked in cold salt water a few minutes, it removes a little of the strong, gamey flavor but should be rinsed and wiped dry before placing on the broiler.

ROAST SPARE RIBS (Fresh)

Trim off ends neatly, crack the ribs across the middle, sprinkle with pepper and salt, stuff with turkey stuffing, sew or tie with grocer's twine rather tightly. Bake and baste very often. Browned potatoes can be cooked with them. If two pieces of ribs, one can be fitted to the other so as to hold the dressing. Bake very brown. Strain off grease before making gravy. Turn once during baking. The ribs can be cut finer and baked like spring chicken or boiled with cabbage or sauerkraut. They are nice salted and cooked with cabbage or rutabagas.

FRIED SALT PORK (Creamed)

Slice thin and soak in cold water for an hour. Drain and dry on towel; roll in flour and fry a good brown. Place on warm platter and pour most of grease from frying pan, add a tablespoonful or more of flour, stir well in remaining grease, add 2 cups of new milk (fresh), stir till smooth, let boil up and pour over pork. Nice served on toast or with baked potatoes for breakfast or luncheon. Either pork or bacon is nice fried and served with fried circles of apples without peeling, cut nearly one-half inch thick.

ROAST PIG

Take a little pig six weeks old, dress nicely and score or gash in squares, with a knife; stuff with turkey stuffing and sew up neatly. Place on knees in pan; baste very often and turn once so that both sides bake even. Have pan hot with some tried-out dripping as for other roasts. Some stuff with salted corn meal scalded, rubbed smooth and baked, then broken and seasoned with butter, pepper, salt and

onion or sage. Put a piece of red pepper in the pan with the pig.

HAM AND EGGS

Let ham simmer a few minutes in boiling water, brown in a greased hot frying pan. Fry eggs in the hot ham grease, basting with the gravy. Do not turn. Place on top of ham pieces; add about one-half cup or more of boiling water to the gravy and pour over all. Delicious.

Another way is to brown ham first, then pour over it one-half cup of hot water, cover and let simmer about fifteen minutes. If eggs are used they must be fried in another pan in some of the ham fat.

BACON

Serve the same as ham and eggs, only fry it very slowly so as not to blacken, and do not simmer.

MEAT SMOTHERED IN ONIONS

Most any of the fried meats may be smothered with onions. Follow rules for fried onions, adding to them the gravy from meat. Steak is especially good this way.

STEWED MUTTON

Following the principles of stewing meats and add $\frac{1}{2}$ can or more of tomatoes about a half hour before serving. Thicken and season. Neck of mutton is good. It may be cut in chunks small enough to serve.

FRIED LIVER

Dip in boiling water for just a second, then put into fried cake kettle which is ready with a goodly amount of hot dripping (bacon preferred). Put cover on and

fry slowly for about fifteen minutes or till brown. A deep iron spider will do. Put on platter and pour gravy over with or without thickening. Another method is to soak in cold water one hour, dry, dip in melted dripping and broil slowly.

PIGS' FEET SOUSE.

Thoroughly clean and trim pigs' feet, parboil, skimming once or twice; throw this first water away. Pour plenty of boiling water over and let simmer three or four hours with very little salt. Take out and pack in jar with vinegar, pepper and salt. They may be served cold or hot by heating in a little fresh vinegar.

Another way is to remove bones (and skins also if one wishes) pack meat in granite loaf tins or jars. Then pour over them a little of the liquor boiled with vinegar, sugar and spices. To 1 loaf (1 pound tin size) use about 1 pint of vinegar, $\frac{1}{2}$ cup of sugar. Put in a little white cloth bag, one teaspoonful each of cinnamon, cloves and allspice. Let spices, vinegar and sugar boil about fifteen minutes before adding to liquor, then boil all together, two or three minutes. Taste and if too weak, add more vinegar; if too strong, add more of the liquor. Better a little too strong as the meat takes much of the vinegar. Pour over meat and keep in a warm place for an hour or so, as it jells so quickly the meat does not get time to absorb the dressing. Slice cold as any cold meat loaf.

PIG'S HEAD CHEESE

Having well cleaned a pig's head, split it in two, take out the eyes and the brain. Clean the ears or trim part away. Throw scalding water over outside

and scrape very thoroughly, cutting off what can't be cleaned. The end of the nose can be thrown away. Let boil very slowly till the meat loosens from the bones. Take out with a skimmer and put in chopping bowl, pick out bones, chop, season with pepper and salt and pack in jar or pan (loaf granite). Slice cold as meat loaf. A little vinegar may be added if desired. Another method is to take meat after it is chopped and mix with it corn meal which has been steamed in double boiler at least one hour. This can be warmed and serve as hash with toast for breakfast. This last is called scrapple.

SAUSAGE

Ten pounds of meat, about $2\frac{1}{2}$ quarts when chopped (fresh pork), fat and lean just as it is, and the fatter the better; remove stringy parts, cut small then chop fine or put through meat grinder; 5 tablespoonfuls of sage (rounding), 4 tablespoonfuls of salt, 3 tablespoonfuls of pepper, the salt and pepper not rounding but not even.

To cook—Make in thin patties, fry or bake brown and then set on toaster or perforated bottom in dripping pan in oven. One can drain on white paper in oven, but a waste of grease.

BEEF HEART STUFFED

Put on in cold water, let come to a boil, then simmer slowly several hours. If put on after breakfast, it may be stuffed and baked for supper. Bake about three-fourths of an hour; it may be simmered one day and baked the next. Veal heart will simmer tender in two hours. Having stuffing well seasoned.

ROASTED DUCK OR GOOSE

Either the noon before or the night before, soak in cold water enough to cover, with a handful of salt, that is after dressing nicely. If soaked at noon then after supper drain and wipe with clean white cloths. Stuff with your favorite stuffing, usually flavored with onion, and sew neatly. If stuffed at night the flavoring seems to be more even, otherwise it can be soaked all night and stuffed in the morning. Put in a roaster and with it a whole lemon unpeeled. If a double roaster, it needs no more attention till about one-half hour before it is done when the lemon should be pricked with a toothpick and baste with one-half cup of hot water if not sufficient gravy. If double roaster, turn once, that is, turn the roaster, end for end. If not, baste the fowl several times, turning three or four times. Serve with green peas and apple sauce.

SAUCES, DRESSINGS, GRAVIES AND MISCELLANEOUS ACCOM- PANIMENTS

One cannot afford to do without these, as they are economical and add so much to any dish—they make things go further.

It takes half as much cornstarch as flour to thicken anything. Flour should be cooked at least four or five minutes and cornstarch longer by steaming after thickening, either in double boiler or cover tightly on back of stove. For brown gravy and platter gravy, see roasts and fried steaks. A very nice fish sauce is given after salmon loaf.

White sauce and drawn butter sauce are foundations for many other sauces. It is always well to rinse out frying pan with very hot water before making any sauce.

WHITE SAUCE

(May be called Milk or Cream Gravy)

One tablespoonful butter, 1 of flour, 2 cups of milk, salt and pepper. Melt butter over slow fire, mix with flour, add milk slowly, stir till thick and set on back of stove for four or five minutes to steam, with cover on. Season just before serving.

DRAWN BUTTER SAUCE

One tablespoonful flour, 1 of butter. Melt in iron frying pan. Add 2 cups of hot water, stirring till smooth and thick; season. One cup of stock or all

stock may be used instead of hot water. Bean stock may also be used. Serve with vegetables or meat.

Add a tablespoonful or two of chopped sour pickle or vinegar or lemon juice or catsup of any kind, and one has a simple gravy for fish.

Two hard boiled eggs added to this foundation, makes a fine egg sauce. One teaspoonful of curry powder for curry sauce.

The above foundation sweetened and flavored, makes an excellent sweet sauce.

TOMATO SAUCE

Simmer 2 cups of tomatoes with browned onion, a teaspoonful or two of herbs if liked, salt and pepper. Add to it either a little of the drawn butter or white sauce. Two or three tablespoonfuls of catsup in which is a tiny pinch of soda added to white sauce with browned onion, or added without soda to drawn butter, makes a good tomato sauce.

MINT SAUCE

Two tablespoonfuls green mint (spear mint) chopped. Add pinch of salt, 1 tablespoonful sugar and $\frac{1}{2}$ cup of vinegar. Mix, let stand one to two hours. Strain into a bottle and cork, or into a vinegar cruet with glass stopper. Some do not chop, but simply put the mint in a bottle with the sugar and vinegar.

HOLLANDAISE SAUCE (This is nice for fish)

One-fourth cup of butter, yolks of 2 eggs, juice of half a lemon, 1 saltspoonful salt, $\frac{1}{4}$ saltspoonful of cayenne pepper, $\frac{1}{2}$ cup of boiling water.

Rub butter to a cream, add yolk, one at a time and beat well. Add lemon juice, salt and pepper. About

five minutes before serving, add boiling water. Place bowl in double boiler. Stir rapidly until like boiled custard. Pour around meat or fish.

DRY STUFFING

Anything put inside is called stuffing; outside is called dressing. Dry dressing is more digestible than wet dressing.

Break homemade bread up into tiny pieces in the chopping bowl. Shake over it a little chopped parsley, a little sage and onion if desired, 4 tablespoonfuls of butter melted, 4 tablespoonfuls cream, 1 or 2 beaten eggs, season with salt and paprika. Mix well together and stuff fowl. For turkey use eight tablespoonfuls melted butter or four of the big cooking spoon.

WET DRESSING OR STUFFING

Soak bread in milk or water, squeeze lightly, add 2 or 3 baked potatoes mashed, 1 cup currants, chopped onion, sage, pepper, salt and melted butter; a little cream improves it.

DUMPLINGS

If one has plenty of eggs it is easy to make nice dumplings, but if not a very good recipe is $\frac{1}{2}$ teaspoonful of salt, 1 teaspoonful of sugar, $\frac{1}{2}$ cup of milk, 1 egg and 1 cup of flour sifted with 1 teaspoonful of baking powder. Mix well. A teaspoonful of butter and a little more milk if one has to do without an egg. Dredge dessert spoon with flour and drop around the top of stew or in boiling salted water, Cozy and simmer for ten or fifteen minutes. If cover is removed before done, they will fall. They must not be made until fifteen minutes before serving as

standing makes them soggy. They are good made on top of peeled boiled potatoes about fifteen minutes before they are done and "cozied." These are of the consistency of good stiff cake batter or stiffer. A little more flour may be added and sort of separated in little balls, then steam in steamer one-half to three-fourths of an hour. Put a piece of mellow apple in center of each one and serve with nutmeg sauce for dessert. Some are very successful by adding beaten egg and flour to mashed potato and drop in goodly salted water. Mix so they hold well together and drop with dessert spoon.

YORKSHIRE PUDDING (See Chapter on Bread) NOODLES

Wet flour, slightly salted, with egg until of the consistency of pie crust—then roll rather thin. Let stand either on bread board or clean floured newspaper in warm room for an hour or so. Roll like rolled jelly cake and slice. Shake out a little and use for soups, stews, etc.

VEGETABLES

Many people have the "drug habit" as the enormous sale of patent medicines and drug preparations well proves. It is better to take medicines in vegetable foods than to be swallowing drugs, many of them poisonous.

List of the most common vegetable medicines

Sulphur	{	Turnips,	Iron	{	French Beans,
		Onions,			Lentils,
	{	Cabbage,			Watercress,
		Cauliflower,			Spinach
	{	Water- { Oil, Iron,		{	(most pre-
		cress { Phosphate, etc.			cious of
	{	Horseradish.		{	vegetables).
Salts of Potassium		{	Potato (especially near the skin and in the skin), Spinach.		

Most of the vegetables contain nearly all these medicines, but a greater percentage of each one is found in each vegetable thus tabulated. If one's system lacks a certain medicine they can select from the above. This is only a small outline of the most common. All kinds of foods are composed of water, proteids, fat, starch, cellulose and ash. Each and all of these have their uses, even cellulose, though of no food value gives the bowels exercise or they would become weakened so they couldn't digest.

Spinach has iron and narcotic properties. If an invalid can have vegetables at all he can have spinach.

Cabbage, cauliflower and spinach are beneficial to anemic people.

Tomatoes stimulate the healthy action of the liver.
Asparagus benefits the kidneys.

Celery is good for rheumatism, neuralgia and quiets the nerves.

Beets and turnips purify the blood and improve the appetite.

Lettuce is excellent for tired nerves. Lettuce should be planted in rich ground, in a partly shaded place as too much sun makes it bitter and tough. Pick early in the morning. Simply break off as roots come up again, for market, pick roots and all.

Parsley, mustard, cowslip, dandelion, dock and beet tops clear the blood, regulate the system and remove that tired feeling so peculiar to spring.

Winter vegetables are potatoes, beets, carrots, squash, celery, cabbage, turnips, beans, dried peas and onions. Some leave parsnips in the ground till spring.

Cellar for vegetables must be cold, dry and sanitary. A root cellar would be better built away from the house as it causes bad odor through the house.

PRINCIPLES FOR PREPARING VEGETABLES

All vegetables except dry vegetables, should be cooked in plenty of hot, salted water, in the proportion of about 1 teaspoonful of salt to a quart of water.

Soft water is best or sterile water is better still, but not necessary.

All carbohydrates should be cooked by long cooking.

Vegetables should be simmered not boiled. Hard boiling destroys their nutrition.

Try to keep the flavor in vegetables by keeping them covered except onions and cabbage, the steam of which goes back into the water again and makes odor bad.

Carrots should be cooked one to one and a half hours. Winter carrots take longer than those just pulled and should be cut smaller.

The fresher all vegetables are, the more wholesome.

To correct the toughness of some vegetables in cooking, add a little baking soda or parboil in soda water, then change for fresh water which is boiling.

Beans and peas are very easily digested in the green state, while in the dried, are more difficult, the proteid being of the caseine group, not like the gluten.

To clear vegetables of insects or germs, especially lettuce or celery soak for a little while in strong salt water, or wash in salt water and then soak in very cold water from one-half hour to two hours if desired.

Tomatoes contain calomel.

Too much starch at one meal should be avoided, as potatoes, rice, etc.

Nothing adds more to the delicate flavor and digestibility of almost any vegetable than parboiling and throwing away the first water. Potato soup is much improved by this method and it is indispensable in preparing onions. Even potatoes are improved.

Corn for invalids should be put through a sieve, as it contains a great deal of cellulose which they cannot digest. For the same reason they should have but little parsley.

A scalloped dish is an ingredient prepared with a white sauce, (milk or cream gravy), and bread or cracker crumbs, then browned in the oven.

Grated cheese is often a nice flavor, for scalloped dishes, especially for egg plant and potatoes.

Foundation of soufflé is white sauce. Should be served as soon as baked because it is light and will fall if it stands.

The salts of potash about the skin of potato is good

to build up hair, teeth and nails, also keep the bowels regular.

The tapeworm germs are found on lettuce, water-cress and celery, hence these should be carefully washed in salt water, then put in cold water. Sterile water is best for all purposes, but requires far more time and labor, hence more expensive.

Vegetables can be made crisp by putting them in cold water.

Lettuce is good for invalids if permitted to have vegetables.

Always avoid coagulating albumen in cooking all foods.

Cook macaroni in salted water twenty minutes, then drain and wash in cold water before following any recipe for its preparation. This rule also improves spaghetti.

New potatoes are best baked; old potatoes boiled; old potatoes should be peeled and stand over night in cold water. Water on them ought to be changed before retiring and early in the morning. It is well to soak them before peeling.

Green corn and peas should not be prepared till ready to cook.

Old potatoes and egg plant should be put on in salted water, cold.

Do not allow vegetables to remain in the water after they are cooked.

A little baking soda added to the water in which greens are cooked, preserves the color. The French usually use a pinch of carbonate of ammonia. They are better without either except where soda is needed to relieve toughness.

A very small piece of red pepper dropped into meat or vegetables, when first beginning to cook, will

help in killing the unpleasant odor, especially cabbage, onions, mutton and chicken.

Vegetables when cooked with salt meat, ought not to be put in till the meat is removed, or better still, some of the juice can be removed to a separate kettle for the vegetables.

Some varieties of potatoes that are not good in the fall, are excellent in the spring, and vice versa.

Beans and peas contain a small percentage of fats, therefore pork, butter or some fat is necessary to cook with them; very rich in proteids and starch.

BOILED POTATOES WITH JACKETS

Soak potatoes for an hour or more in cold water after choosing those of equal size. It is well to peel a little of the skin off each end to allow the salt to penetrate while boiling. Use about a tablespoonful of salt to a gallon of water. Water may be either cold or boiling, it depends on age of potatoes. Old potatoes are better cooked in cold water but, water must cover the potatoes. Use rather a heavy kettle—iron is best as it keeps temperature more even than light weight kettles.

Do not boil too hard as the outside of potato will crumble, nor too slow as then the potatoes will be watery. Boil till nearly done, then drain and cover lightly; place where they will steam till thoroughly done, but not burn, then remove cover, shake a little and let steam evaporate, making the potatoes dry and mealy. Never let them stand in water after they are done. Potatoes should be served immediately.

POTATOES BOILED (Peeled)

It is well to soak the potatoes new or old in cold water before peeling. Old potatoes can be soaked twenty-four hours and better peeled the night before

using, changing water two or three times on them. An hour or two is sufficient to soak new potatoes. Peel very thin as the best part of potatoes is near the skin. Boil as in above recipe, only while steaming they may be shook once or twice, with cover off to dry them out. Medium sized potatoes should take about thirty-five minutes to cook and with jackets on, a little longer. The fifteen and twenty minutes boiling that some boast of is a great waste. Object of steaming is to cook the starch more thoroughly and aid digestion. They are much improved by boiling in two waters having the second boiling when put on. The first boiling requires only ten minutes. Green corn may be put in the steamer and steamed over them in the same kettle, both requiring the same time to cook.

MASHED POTATOES NO. 1 (Very Fine)

Boil, steam and dry out potatoes in their jackets as in first recipe, then peel very quickly and put in a hot kettle or earthen dish heated. Add milk and let come to a boil, also a little butter, pepper and salt. Mash with an old-fashioned wooden potato masher and beat a little with a large spoon. When ready to serve, place them lightly in the dish. Mashed potatoes should never be packed, but made light as possible.

MASHED POTATOES NO. 2

Follow directions for Boiled Potatoes, peeled, then mash and season as in the above recipe.

POTATO PATTIES

Take mashed potatoes that are left over and pack into a loaf tin, or better, a loaf granite pan and let stand over night, or from noon till night; turn out on

board, slice and fry in hot frying pan with as little grease as will prevent sticking, until they are a nice brown; turn carefully with pancake turner or broad bladed knife or the brown crust will break away. Serve on a hot platter. These can also be molded into balls while still warm and set away for next meal.

CREAMED POTATOES (Raw)

Soak potatoes in cold water; peel and cut in dice shape or any neat form; let stand in cold water for a while before cooking, drain and put in boiling salted water if potatoes are new or cold salted water if potatoes are old. Boil till almost tender, drain well and cover with scalded milk, then add butter and flour rubbed together in the proportion of a heaping teaspoonful or more of each to a cup of milk. If prepared in a heavy iron spider, the butter and flour may be cooked together, and add the milk cold; when it comes to a boil, add the potatoes and lower the temperature after mixing lightly and well, then cover tightly and let steam from five to fifteen minutes. If a heavy spider or kettle is not at hand, use a double boiler for the creaming which will take nearly a half hour.

CREAMED POTATOES (Cooked)

A heavy iron spider is best for these. They may be prepared with or without flour. If prepared with flour, use about the same proportion as in preceding recipe. Cooking flour and butter a little first, then adding milk, and whether with flour or without, let the milk come to a boil before adding potatoes which have previously been peeled and cut. Stir lightly and well for a few minutes, then cover and let steam a few minutes longer. Flavor with salt, pepper, parsley chopped or a few cooked onions which have been left

over. They are nice without any flavoring except salt. Cold baked potatoes are delicious prepared this way. Cold potatoes in their jackets or even baked potatoes, are better if not peeled till it is time to prepare them.

ESCALLOPED POTATOES

One cup of white sauce, 1 tablespoonful melted butter, $\frac{1}{2}$ cup of break crumbs, 5 potatoes, medium size, 1 tablespoonful of grated cheese if desired.

Place potatoes cut fine in layers, alternating first, bread crumbs, then potatoes, then sauce, and so on till dish is full. Put melted butter over top and bake till brown in oven. Bread crumbs or a little grated cheese on top is an improvement. A deep granite pan is preferable. This recipe is about enough for three people. These are very nice if potatoes are first parboiled in jackets; flavor as desired. Cauliflower is very good escalloped with a little cheese in the same way.

BAKED POTATOES

The best way to prepare potatoes is to bake them, especially for the sick. Soak potatoes for an hour or two in cold water; if potatoes are old soak over night. Prick (almost through) with a fork, before putting in the oven or when about half done; this makes them mealy. When shriveled, are overdone. Oven must be hot. One-half to three-quarters of an hour for medium sized potatoes.

TWICE BAKED POTATOES

These are very nice for the sick. Bake as in the above recipe. When baked, take off top or cut in two, scrape out, mash with a little butter, milk (cream) and salt, put back in the shell and brown in the oven. Delicious.

FRIED POTATOES

It takes about twenty-five minutes, all told, to fry potatoes properly. The most important point is to have the grease hot before putting in potatoes, or they will absorb the grease and be very indigestible. Lard, butter, equal parts of lard (hardest to digest), and butter or drippings may be used as desired. Fry ten to fifteen minutes, turning about every three minutes. Chop with a baking powder can. Lower temperature and flavor, then cover lightly and steam ten to fifteen minutes. These may be first chopped fine, grease heated well and baked in the oven fifteen to twenty minutes. An iron spider or dripping pan of heavy material is best.

Lyonnaise potatoes are the same, only brown an onion before putting in potatoes and leave the potatoes cut coarser. Brown nicely and sprinkle with parsley or shredded lettuce.

STEAMED POTATOES

These with steamed veal loaf are excellent for Sunday dinner. They can be put in the steamer, either peeled or in their jackets around the B. P. cans (should be clean on outside), well covered and "cozied" before going to church and dinner will be ready when you return. Leave plenty of hot water under the steamer and turn the gas low, but not as low as for all night cooking. The cozies will do the cooking. The juice from veal loaf can be added to a white sauce or tomato gravy.

RAW FRIED POTATOES

Peel the potatoes and slice rather thin, with a potato slicer, into cold water; change water and let

stand two hours. If wanted for breakfast, change water the last thing at night and the first thing in the morning or they will turn dark. Drain through a colander and let drip a few minutes. Have lard very hot and a little more than for cooked fried potatoes. Pour in potatoes from colander and stir every two or three minutes for about fifteen minutes or until potatoes are browned considerable. Flavor with salt and pepper, then cover tightly and put on back of range to steam or cook very slowly for fifteen minutes more.

FRENCH FRIED POTATOES

Peel and quarter the potatoes lengthwise. If large, cut in eighths. After rinsing well in cold water, soak in salt water for one-half hour, then drain and dry on a towel. Fry in deep fat either in a wire basket or float them in the grease and drain in a wire basket after, or on a piece of paper without print. Fry till good and brown, turn while frying. The fat must be scalding hot when potatoes are put in. Very nice served with steak. They are very nice fried with only two or three tablespoonfuls of the steak drippings. A shallow iron kettle or heavy iron spider is best. Saratoga chips are made nearly the same only slice thin and drain on a towel. Fry in deeper fat. Should be soaked about fifteen minutes in salt water, or sprinkle with salt after frying.

ANOTHER KIND OF FRIED POTATOES

Take potatoes either raw or cooked and sliced one-quarter inch thick, and put only one layer in the spider at a time; fry till brown and then turn as pancakes and brown on other side; season.

BROWNEED POTATOES (Baked)

Peel and soak potatoes, either whole or halved, in clear cold water, then put for about a half hour in salt water. Drain and put around roast beef or other kind of meat will do, about one and a half hours before meat is done. If one has not a double roaster, then baste very often—about every ten or fifteen minutes or they will not be tender and brown. They may be rolled in flour or flour sprinkled on them after putting in pan, only remember to turn or lift out carefully with a broad bladed knife, or the nice brown coat will come off. Another method is to parboil them in their jackets, peel and then put around roast.

POTATOES WITH RAW CABBAGE

(German Style)

Peel and boil potatoes in salt water. Drain and while hot, throw over them sliced cabbage, raw. Mash both together (the cabbage only mixes through), season and put in serving dish. Pour over it a thin drawn butter or milk gravy or rather half thick.

SOUR POTATOES

Boil potatoes in jackets. When cold, slice or dice one medium sized onion cut fine, season with salt and pepper. Pour over them two or three tablespoonfuls of vinegar. Brown two or three slices of bacon, cut up fine and pour over all the hot bacon grease. Mix lightly and warm in oven; serve. Nice for luncheon or for dinner served with steak.

SWEET POTATOES

May be prepared after any of the rules of white potatoes. They are excellent parboiled, peeled and browned with baked ham. Recipe given with Baked

Ham. Save what is left over for croquettes and sweet potato pie.

BAKED BEANS NO. 1

Put one quart or four cups of beans over in cold water. When they come to a boil, add one-half teaspoonful of baking soda and let boil five minutes. Then drain through colander, pour back in kettle and cover with boiling water; boil slowly for ten minutes. Drain and put boiling water on again and boil ten minutes. Drain for the third time. Put in a crock or heavy dish and pour boiling water on again, covering well. Season with a very little salt, one-half pound salt pork cut in slices and spread over the top, turning the pieces over once or twice while baking, or cut the whole piece through to the rind; two tablespoonfuls of molasses or brown sugar. Bake slowly from three to twelve hours, covered, adding boiling water occasionally, if they get too dry. Towards the last do not add water but let them get dry nearly to the bottom, removing cover the last hour. If there is a fire in range, these can be left in the oven over night, and also second day, and baked twelve hours more. They stay whole, very few break. When baked for a long time they are called Boston Baked. Where the family is small half of these and part of the liquor may be made into soup for the previous meal.

BAKED BEANS NO. 2

Soak a quart of beans in plenty of water over night. In the morning wash them out of that water and cover well with cold water; set on the stove and when they come to a boil, put in about one-half teaspoonful of soda; let boil moderately about five minutes. Drain through a colander or if using a cover with a

strainer made in it, simply drain. Then cover well with boiling water and put in one-half pound of pork which has been scraped clean and sliced through to the rind. Let boil moderately about a half hour or a little better. Put in a crock or one of those dark stone ware dishes are very nice. Put in two tablespoonfuls of molasses or brown sugar or a tablespoonful of each, one teaspoonful of dry mustard and a little salt. Let them bake rather slowly two or three hours, longer does not hurt them. Have plenty of water on them and stir the brown ones down from the top two or three times. When done they should be dry almost to the bottom yet moist and mealy. The beans will not all be whole. While mustard gives them a delicious flavor, people suffering from weak stomachs or the effects of too much indoor work, had better omit it. Very nourishing and a cheap dish. Some call these Yankee Baked.

STEWED BEANS (String or Wax)

In the early summer when those delicious wax or string beans are very high priced, you can make believe you have them by following recipe No. 1 for baked beans as far as baking them, that is stew them in the fourth water very slowly, two or three hours. Before putting them in the last water, parboil the string beans about ten minutes in water with a little baking soda, having beforehand prepared them neatly by stringing and cutting in about one inch lengths. Drain off water through colander or strainer cover and add to the other beans, when put in the last water and let both simmer together. The string beans flavor the others a great deal and the whole makes a fair substitute for the real dish. Flavor with drippings, lard or butter as one can afford, about one teaspoonful or more of salt and a very little pepper.

DRIED PEAS

Both peas and beans and in fact all vegetables or rather all cooking is better with soft water.

Can be cooked as either recipe for baked beans. Either peas or beans are nice stewed slowly and browned in the oven.

Either one makes nice soup. (See chapter on soups.) Beans stewed and strained, make good soup stock; the liquor only; do not mash through colander.

TURNIPS, CARROTS AND RUTABAGAS

These can be sliced and boiled in the juice of salt meat, either with the meat or after it has been removed. They may be boiled and mashed as mashed potatoes and the left overs can be made into patties or croquettes, similar to potatoes. Season nicely. They are nice cut into dice or slices boiled in salted water, drained and creamed or other gravies can be used, poured over them. If boiled in two waters the last need not all be drained off, if milk and stock are scarce for making gravy. When two or more waters are used, it is always well to have the teakettle of hot water ready for the changing. Any of these are nice if the last boiling is done with half milk and hot water in the double boiler, then just thicken and season. Flour rubbed into butter is the easiest way of thickening. Carrots are especially nice this way; also onions and cabbage.

BEETS

Excellent for salad. (See chapter on salads.) They are very good plain boiled and eaten with a little vinegar, pepper and salt. After standing a day or so in vinegar, they make nice pickles, sliced or cut in dice. The young beets in early summer time make excellent

greens cooked whole like spinach or with meat. Before boiling they should be washed carefully so as not to break the skin or the fine roots as this will bleed and spoil them. Winter beets should be soaked over night. Put all beets on in boiling water and let boil slowly from one and a half hours to four hours. Test with a toothpick. Use "cozies" over and around them.

MIXED VEGETABLES (Succotash)

This is an excellent way when one has not enough of one kind for a meal. A variety of dishes can be made by mixing two vegetables. More than two kinds are inclined to be sloppy with a few exceptions of good combinations. Green corn and dried beans (succotash). Scald the corn enough to set the milk before cutting from the cob or use canned corn. Don't put the corn in till almost ready to serve. Excellent method is to remove from fire and use cozy, letting it steam fifteen minutes.

Green corn and tomatoes. One or two onions cut up and added to cabbage. Potatoes and turnips mashed together. A few carrots with potatoes, about one part to three. Carrots with green peas in the same proportion. Any of these combinations can be flavored with onion. All are delicious if the proper method for cooking is followed.

STRING AND WAX BEANS

Parboil ten minutes with a pinch of soda, strain and put boiling water over them, well covered. Let simmer two and a half to three hours or more. Season and serve. Some add a cup of rich milk or 2 or 3 tablespoonfuls of vinegar and thicken. When they get old they can be shelled and cooked like lima

beans, using the same method as above, only they don't require simmering quite so long. Sort of mock Lima Beans.

GREEN PEAS

If small, they will simmer nicely in about a half hour. When they get old and tough, an excellent method is to simmer till tender, drain and mash through a colander or sieve. Add a little warm milk or cream, and fix the same as mashed potatoes. Some boil them in half milk and water. The double boiler is best for this method. This is called a puree. Beans can be prepared the same.

ONIONS

The methods of preparing onions are almost innumerable, but no matter what recipe one may follow or even using for flavoring or serving on the table cold, it is always wise to soak them for two hours in cold water, then change and put over the fire in another cold water and let get quite warm but not boil. Drain and follow any recipe. I have never found this method to disagree with a patient and even those whose stomachs are sensitive to onions, can use them without distress. For a patient, if doctor permits vegetables, they can have them sliced and creamed, escalloped or baked, and to flavor other dishes. Very good for most kidney troubles. Peel under water if eyes are tender.

CREAMED ONIONS

Either slice or leave whole, and after soaking in cold water, put on and simmer in hot salted water from one-half hour to an hour, the whole requiring longer than the sliced. Drain and pour over them a hot milk gravy, or after parboiling for ten or fifteen minutes,

drain and put over again in half hot milk and water, season and thicken when done. Again the double boiler is fine for this last method. The last need not be thickened but just seasoned and served as boiled onions. The milk may be omitted.

BAKED ONIONS

After following first two principles given under "Onions," using the whole onions, boil a half hour or more till tender; drain, lay side by side in a pudding dish, season and cover with a white sauce. Sprinkle with bread crumbs and bits of butter, cover and bake twenty minutes. Remove cover and brown. Serve in dish in which they are baked.

STUFFED ONIONS

Nearly the same as above only before putting in the oven, remove the hearts carefully and stuff with a nice stuffing of chopped meat and bread crumbs or some left overs.

ESCALLOPED ONIONS

These can be made in different ways. Remember the first principle (soaking). Boil slowly for half an hour or better in water slightly salted. Drain and cut up fine. Grease a pudding dish—put layer of onions, then bread crumbs, season with bits of butter, pepper and salt (slight) and so on till full, then pour in hot milk. Cover and bake twenty-five to thirty minutes. Uncover, brown and serve in same dish. The onions can be cut fine before boiling.

Another method is to use a layer of the boiled onions, then bread crumbs and a thin white sauce; season and repeat till dish is full, and bake. Left over onions can be used up this way.

GREEN CORN (On Ear)

Put over in boiling salted water and let boil only five minutes after they start to boil, or put over in boiling water, cover well with cozies and remove from fire; let stand fifteen minutes. Must have plenty of water.

ESCALLOPED CORN

Add about 2 cups of milk to a can of corn which should be removed from can as soon as opened. Warm slightly. Take a layer of this, then a layer of nice crisp fresh cracker crumbs; season and repeat till about three layers in all. Bake till a nice brown. It rises considerable. Serve in same dish at once. Use a little sugar if the corn does not seem sweet enough. Delicious for an invalid, but rub the corn through a sieve so as to remove the cellulose. A small individual dish can be made separately or instead of layers, add a little beaten egg unless eggs are forbidden by physicians as in case of inflammatory rheumatism.

PARSNIPS

These can be creamed like creamed onions. They may be boiled with salted meat, browning in the spider or in a dripping pan in the oven, adds to their flavor after cooking with meat. Some like to sprinkle cinnamon over them.

Parboil in salt water and fry is another method.

SQUASH

Baked, mashed and flavored with a little sugar, salt and pepper. Easier broken with the ax than to try to cut with a knife.

Steamed and prepared the same. Leave outside shell on for both methods. Bake and serve nice and

brown on a platter from the oven. A bowl of white sauce or other gravy, will save the butter.

CELERY

Outside stalks are good for soup. It may be cut in small pieces, boiled till tender in salted water; drained and served with a tomato sauce poured over it, or other sauces. (See chapter on gravies.)

ASPARAGUS ON TOAST

Simmer asparagus tips in salted water till tender. Drain and lay on slices of toast and pour over all a white sauce, or put asparagus into the white sauce and pour all over the toast.

Another way is just put on a little butter, salt and pepper with 3 or 4 tablespoonfuls of hot water and arrange neatly on the toast.

It is excellent served as a vegetable with white or drawn butter sauce. It should be parboiled and the first water thrown away. The tips may be laid in the colander and steamed over the other part as they are very tender and don't need so much cooking. Then all can be put together when preparing after cooking.

MACARONI AND CHEESE

After preparing macaroni by boiling twenty minutes in salted water and rinsed with cold water, put a layer in a baking dish or deep granite pan and sprinkle well with grated cheese or cheese shaved in small pieces. Dot with bits of butter or oleomargarine (a good grade) and flavor with a very little pepper and salt. Continue alternate layers until dish is full then pour in, carefully, so as not to disturb butter on top, milk which has been warmed in a small double boiler

—not enough to entirely cover the macaroni but about two-thirds—cover and bake one-half to three-quarters of an hour, according to size of dish and amount used; uncover toward the last and brown. Cracker crumbs may be sprinkled on top. Some add a beaten egg to the milk; then use less butter. The French use part of this first water to be thrown away in making their soups.

MACARONI AND TOMATOES (“Spaghetti”)

This is prepared exactly as above except that a little red pepper or paprika is used for flavoring, and warm the tomatoes. About a half quart can, or little more, of tomatoes to a quart baking dish. When not to be used for a lenten dish it is excellent flavored with about two or three slices of bacon cut in little squares, browned in frying pan and grease and all poured into tomatoes; bacon must not be scorched, fry slowly. It is also nice flavored with browned onion. Spaghetti may be used instead of macaroni. Bake as above. A little grated cheese and fine bread crumbs may be added. Tomatoes are nice simply stewed, with sugar, salt, piece of butter and bread or cracker crumbs.

CREAMED MACARONI

Prepare macaroni as above, that is boiling twenty minutes and rinsing with cold water, then put with a goodly supply of thin white sauce into double boiler and steam about one-half hour or more.

HOMINY

May be used as a vegetable, dessert or breakfast food. Wash as rice but cook a long time in double boiler like oatmeal. A very nice garnish for stewed or fried chicken.

SPANISH RICE

Boil rice or, rather, steam it until it is large flakes and dry out a little by setting in the oven. Brown an onion or more in frying-pan in butter or oleomargarine ($\frac{1}{2}$ nice suet or bacon dripping could be used). Add to it the boiled rice and about the same quantity or little less of tomatoes. Flavor with red pepper or paprika, salt and more butter if not rich enough. Stir carefully so as not to break the rice grains. Like spaghetti, the real thing should be rather hot with red pepper, but both are a whole lot better for the intestines if only enough to flavor is used.

EGGS

Eggs, like milk, begin to lose their food value after twenty-four hours. Never give an invalid an egg more than three days old. Storing eggs is simply a method of closing pores of shell and is not always safe. Eggs are capable of sustaining and supporting life, and are, therefore, about one of the most perfect foods which we have.

White and yolk together contain about 75 per cent water, $12\frac{1}{2}$ proteids and 12 per cent fat. Separately, the white contains more proteid and the yolk more fat.

Very few people know how to cook an egg in such a manner as to keep it digestible and get from it its full natural nutriment. The old-fashioned two and three minute method spoils the nourishment of the egg. They are usually so high in price that it pays to get all the food value out of them.

Weighed pound for pound, eggs are more expensive than meat. It takes ten average eggs to weigh a pound, but eggs are more easily digested than meat, when slightly cooked or raw, and it is possible to make a very great many delicious dishes with them. Use low temperature and longer time for all egg dishes.

POACHED EGGS

Take a pan or frying pan and nearly fill with boiling water. Then before breaking a single egg, toast a number of squares of bread, butter them and put them on a warm platter. Keep them warm just inside the oven door or in warming oven until eggs are ready.

When toast is ready, put about 1 teaspoonful of salt into the water. This keeps the white of the egg from floating away from the yellow. It helps the egg to stay together, firm and even. Now then, break the egg carefully, slide it from its shell very gently into the boiling water, which has been moved to back of range or gas turned out. Cover and let stand five minutes or better.

Be sure that the yellow is covered with the white and that the water covers the entire egg. When the white is set, run an egg slide around and under the egg, to make sure that it does not stick to the bottom of the pan. Lift it up carefully on the egg slide (an old-fashioned milk skimmer), and cut off any ragged edges of white that may be there and place it neatly on the very center of the toast, and a wee bit of melted butter, and it is ready to serve.

SOFT BOILED EGGS

(Some call these steamed eggs and some coddled eggs)

Nearly all the soft boiled eggs on the majority of tables, are hard near the surface and too soft next to the yolk. Pour over 1 egg, 1 quart of boiling water, and let stand about eight minutes or little longer on the table. It is then ready to serve. The white will be soft and creamy. This is rather expensive as it takes so much gas to boil so much water, but the system gets so many times the nourishment than the other way, that the loss is greatly repaid.

Three quarts of boiling water will cook seven eggs in eight to ten minutes. About three and a half quarts will cook ten eggs in same time. The use of a heated, earthen dish will take less water.

Another very good method is to put over in cold water, bring to a boil, cover and let stand half a minute

or so. In this method one should use a raised perforated bottom to keep from bottom of kettle or they will cook too much on one side. Different sizes and different kinds require more or less time.

SHIRRED EGGS (Baked Eggs)

Cover the bottoms of small dishes with bread crumbs, being sure that the bread is fresh. Into each dish break one or two eggs. Dust the tops with fresh bread crumbs, salt and pepper. Nearly fill a shallow pan with hot water and set in the oven, standing the little dishes containing the eggs in the water, until the whites are set. Serve individually or on platter of toast. They can also be baked together in one dish.

EGG TIMBALES

Small or large timbale molds may be used. Cold tongue or any nice cold meat left over may be used. Chop the meat and after brushing the molds well with melted butter, sprinkle the bottom and sides thickly with the chopped meat. Then break into each mold an egg (two if molds are large), and dust with salt and pepper. Put a half teaspoonful of butter on top of each egg. Then stand the molds in a dripping pan which is half full of boiling water. Cover tops with oiled or paraffin paper and cook in the oven till eggs are set. Cover the bottom of a heated platter with tomato sauce (recipe elsewhere). If a very pretty dish is desired, cut rounds of bread with a baking powder can and toast, set these into the tomato sauce, then loosen the eggs from mold with a knife and place on top of each round of toast. Then a tablespoonful of cream gravy may be placed on top of each egg and the edge of platter garnished with green peas. This dish is delicious and nourishing and can be made both very plain or very fancy as required.

"WHITE AND GOLD" OMELET

For luncheon for three people, beat the whites and yolks of 4 or 5 eggs separately. To the yolks, when light, add a sprinkle of fine bread crumbs, not many. Then add milk as for a regular milk omelet (2 tablespoonfuls to an egg). After seasoning with salt and pepper, pour into a hot buttered pan (I like the heavy iron spiders best as they hold the temperature more evenly).

While this is cooking, get the whites real stiff. When the omelet begins to thicken and brown on the under side, spread the white over it and let them stay long enough to become set through. It is well to cover both while setting and the temperature should be low. Roll omelet or fold half over and set on heated platter garnished with lettuce or parsley if desired.

If one has two small iron spiders, one can arrange this like a layer cake, in either two or four layers, by putting the whites in one to cook, and the yolks in the other or dividing and putting part of each in each pan.

Various omelets can be made from chopped meat, jelly or even a nice bread stuffing heated in the oven. These can be folded into the omelet and neatly served and sliced.

STEAMED EGGS

Rub butter on cups or custard baking cups. Break eggs, one or two in a cup, and set in steamer till set. Better if cups are heated first. Serve individually or on platter of toast.

POTATO OMELET

Beaten eggs may be poured over fried potatoes, cover and move to back of range. A little milk may be added to the yolks of any omelet.

SCRAMBLED EGGS

Have frying pan hot with about a teaspoonful each of butter and dripping. Simply beat eggs and add a little milk, about 3 tablespoonfuls to an egg. Fry slowly and keep them lightly scraped from the bottom. These are quickly made. Season and remove as soon as scrambled or they will become watery. Serve on hot platter of lettuce, parsley or toast.

ARMY FRIED EGGS

Have about a teaspoonful each of dripping and butter in hot frying pan. Drop in 2 or 3 eggs and break and stir quickly. Season. This is the quickest way to prepare eggs.

SCRAMBLED EGGS (Spanish Style)

Brown about 2 onions for about 6 eggs. Season with a little red pepper or paprika. Pour over them the beaten eggs and scramble as above.

ARMY SCRAMBLED EGGS

(Might be called Pork Omelet)

Fry little, thin pieces of salt pork and left over strips of ham fat and bacon, nice and brown. Pour off nearly all grease except enough to fry the eggs. Beat about 5 or 6 eggs and pour over the pork; cover about two minutes, very low temperature.

HARD BOILED EGGS

Many dishes can be made from hard boiled eggs which, if boiled at a low temperature, are not so hard to digest. If simmered for twenty-five or thirty-five minutes, they will be mealy and better flavored than when cooked too fast.

STUFFED EGGS

These are often called "deviled eggs." Simmer till hard, remove shell, cut through the middle, take out yolk, carefully leaving the white whole (unbroken). Mash the yolks with a fork, add to them some chopped cold meat, about 2 rounding teaspoonfuls to an egg, salt, a very little vinegar or mayonnaise, about 1 teaspoonful to 3 eggs, mustard about as for salad dressing, dash of cayenne or paprika, olive oil, butter or raw yolk, to make moist and smooth or mayonnaise. Mix well, fill the whites and serve in bed of lettuce or parsley, or leave out olive oil and spread what is left of filling on bottom of baking dish. Stand the stuffed whites in this and warm in oven.

These can be made several ways, meat left out and bread crumbs used, chopped onion used for flavor.

The filling makes a change for sandwiches or the stuffed eggs wrapped in paraffin paper is nice for a change in lunch basket.

OMELET FOR THE SICK

Beat 1 egg, add to it one tablespoonful of cream and 1 of milk, season lightly with salt. Have ready two nice slices of toasted bread. Fry like a pancake just a little butter and fold to center and lay on the toast. One egg will make two. They cook in about half a minute. Very nice. Have frying pan moderately—not too hot. Cover a second if desired.

Many other recipes for eggs will be found in almanacs or little recipe books which can be had for the asking. The only thing is to remember the principle of low temperature.

SALADS

A salad is a preparation of meat, fish, fruit or vegetables, separately or in combination, and served with different dressings.

Never serve a heavy salad with a dinner where there are several courses. Heavy salads are meat and fish salad and can be served with soup, or at luncheon.

Rubbing the dish with garlic or onion is sufficient flavoring for some salads.

The prettiest way to serve salads is individually. Do not serve heavy salads in glass dishes. All material for salads should be very cold and in nearly all cases prepared beforehand. Put together and put on dressing the last thing before serving, because in salads where leaves are used, they will wilt, if allowed to stand too long.

Lettuce and celery should be washed in salt water, then in clear, cold water and wiped. Watercress and celery the same. Don't prepare any starch foods with vinegar, because the acid is against the digestion of sugar. Nut salads and soups are very good for invalids and should be served in glass dishes.

No bacteria (germs) can live in an acid medium. There is acid in oranges, lemons, apples, etc.

Cellulose in oranges, is the white part and should not be used. Cellulose in bananas is the white part on the outside and should be scraped off after peeling. Cut bananas for salad one-fourth lengthwise and then crosswise three times. Four ordinary sized oranges make a cup of juice. Targon has tonic effects and adds a great deal to fruit salads. For a cup of dressing, a very small teaspoonful of targon cut up fine is sufficient.

LEMONADE DRESSING

Equal parts of sugar, lemon and water. In addition a few shredded leaves of mint and targon, will improve it greatly.

TARGON DRESSING

One small teaspoonful of chopped targon to $\frac{1}{2}$ cup of lemonade dressing. This can be served over strawberries, tomatoes, oranges and bananas.

ALMOND DRESSING

(This is too expensive for common use). Very good.

Two rounded tablespoonfuls of almond butter, 2 tablespoonfuls sugar, $\frac{1}{2}$ cup of water, 2 tablespoonfuls of lemon juice, $\frac{1}{4}$ teaspoonful of salt. Rub the almond butter and sugar together, then add the water and let boil in double boiler, add lemon juice and salt. Strain through wire sieve and serve. Is good over apples, lettuce and chopped walnuts. Almond dressing or other dressings may be used with apples and bananas; apples and oranges, apples and pineapples; oranges, pineapples and strawberries.

ORANGE DRESSING FOR SALADS

Very good and easily made.

Three-fourths of a cup of orange juice, $\frac{1}{4}$ cup lemon juice, 3 tablespoonfuls of sugar, thin rind $\frac{1}{8}$ of an orange. Do not put any of the white part in, as this is the poisonous part. When ready to serve, remove the orange rind. This is delicious served over fruit salad No. 1.

FRUIT SALAD NO. 1

Cut up 3 bananas, 3 apples and 3 oranges and serve on lettuce leaves with orange dressing. This is sufficient for seven people. Three or four California grapes

and half walnuts on top of each dish, make it very pretty. This is very good for invalids. It is inexpensive and easily made. The white should all be scraped off the oranges. The fruits and dressing may be prepared beforehand and placed on ice, but dressing should not be put on until ready to serve.

FRUIT SALAD NO. 2

Cut up 2 or 3 oranges in small pieces, 2 bananas sliced, $\frac{1}{2}$ cup of English walnuts. Cook 1 cup cranberries in 1 pint of water, with pinch of soda, till they begin to pop, then drain. Bind together with a syrup made of $\frac{1}{4}$ cup of water and 1 cup of sugar. Put cranberries into syrup and cook until they color the syrup. Pour over bananas, oranges and nuts and set to cool.

APPLE AND CELERY SALAD

For four or five people take 2 cups of very nice eating apples, chopped a little in the chopping bowl, and 1 cup of the inner stalks and heart of celery broken a little with the chopping knife or cut in fine pieces with a paring knife and $\frac{1}{2}$ cup of English walnuts broken a little or chopped rather coarse in chopping bowl. Prepare all three and put in ice box. When ready to serve, mix with $\frac{1}{2}$ cup of mayonnaise dressing with about 2 tablespoonfuls of cream added to it. Good cream either sweet or sour. The boiled dressing may be used instead of mayonnaise.

Salads are wholesome and refreshing in very warm weather, if made very simple, keeping in mind a few of the principles governing digestion. They are economical and therefore should not belong entirely to the fashionable world, as most all left overs can be made into delicious salads.

The three kinds of dressing most often used, are

French, mayonnaise and boiled dressing, which are very good, especially the French dressing, which is so simple and easy to make.

Too much cannot be said as to the value of olive oil to the human system. It is an acquired taste, but many would be glad to learn. It has been very expensive in past years, but so many people are taking up the cultivation of the olive tree, that I hope it will soon be within reach of all. Vegetable salads are generally better with the French dressing. Olives are a nice garnish or mixture with most of the vegetable salads, and some of the fish salads.

Radishes whole, or partly peeled back like a quartered orange skin, is a pretty garnish; also cold boiled eggs sliced. Eggs should be simmered slowly one-half hour. Olives make a nice garnish but are rather expensive. Cold boiled carrots and beets also make pretty garnishes. These are only a few. The following are a few of the many combinations, which may be used for salads. It is easy to make up one's own combinations.

Cold boiled potatoes, onions and lettuce. Not too many onions and those which have been soaked in cold water and parboiled about one minute.

Cold boiled potatoes and celery.

New, small onions, cold potatoes and chopped parsley (very nice with French dressing).

Sliced cucumbers and sliced new onions.

Cabbage alone sliced (not too fine) with French, mayonnaise or boiled dressing.

Lettuce and cold boiled potatoes and cold boiled beets. These may be mixed or they make a very pretty dish arranged separately.

Endive, celery, beets and hard boiled eggs, either mixed or arranged separately.

Cold boiled potatoes, baked or stewed beans, mixed

slightly and but little, so as to mash the beans as little as possible.

Lima beans are excellent but expensive, beets and carrots may be added.

Cold boiled peas and string beans.

Asparagus tops and cauliflower may be added or other vegetables.

Do not cut vegetables too fine.

Cold baked navy beans alone or served on lettuce leaves, either in one dish or individually with mayonnaise dressing or boiled dressing. Cold boiled beets and watercress.

String beans alone. Should be simmered about two hours in salted water and about an hour before putting the dressing on, flavor with a little pepper and vinegar and olive oil or melted butter.

SALAD DRESSING (Boiled)

One heaping teaspoonful of salt, 2 heaping teaspoonfuls of sugar, or more if vinegar is very strong, 1 heaping teaspoonful of flour, 1 scant teaspoonful of mustard (dry), 1 scant cup of vinegar, 1 or 2 eggs, $\frac{1}{8}$ teaspoonful of red pepper, paprika, butter the size of an egg.

Mix all the dry ingredients well together. Put into a little double boiler with the vinegar, and stir till rather thick, then cover and let steam from four to ten minutes to cook flour well. Add a little butter. Remove from fire and beat to cool about one minute before pouring over the beaten eggs. If poured on too hot, the eggs will curdle. Very nice for cabbage, potatoes, shrimp or anything that can be used with mayonnaise. This will keep in icebox for a week. When using it, take out what is needed and if desired, add a little sour or whipped cream, but not to the part left in icebox, or it will spoil.

MAYONNAISE (Raw)

The secret of mayonnaise is to have dishes and all ingredients ice cold. Yolks of 2 or 3 eggs, raw, 1 heaping teaspoonful salt, 2 heaping teaspoonfuls of sugar (may be omitted if one desires), $\frac{1}{2}$ teaspoonful mustard, about $\frac{1}{8}$ teaspoonful cayenne pepper, $\frac{1}{2}$ to 1 cup of olive oil, 1-3 to $\frac{1}{2}$ as much vinegar as oil, juice of $\frac{1}{2}$ to 1 whole lemon.

If taste for olive oil has not been acquired, then substitute part butter and gradually increase the quantity of olive oil each time the dressing is made. Put the eggs in a round bowl and beat with Dover egg beater a little, then add the dry ingredients which have been all mixed together, except the cayenne. Beat in the oil, drop by drop till the egg has absorbed all of it, then slowly add the vinegar and lemon juice and again the oil, and again the vinegar, be cautious about the cayenne as a very little will do. It must be all done slowly and carefully to prevent curdling. This will keep some time in a bottle or fruit can in the ice-box and whipped or sour cream may be added to the part used each time if desired.

FRENCH DRESSING

Take $\frac{1}{3}$ vinegar and $\frac{2}{3}$ oil, salt to taste and very little cayenne or paprika. Mix in a rounding bowl or some utensil easy to mix in. Beat salt into the oil, add vinegar slowly and last of all the pepper. This can be kept in an icebox some time. Mix before using each time. This may be flavored with targon, or 1 teaspoonful of Worcestershire sauce, but is very nice alone.

TOMATO SALAD NO. 1

Tomatoes can be made into salad in many pretty ways. One very easy way is to peel and slice toma-

toes, putting each one back in its place after dipping in mayonnaise so that it will appear like a whole tomato, and then put a teaspoonful of mayonnaise on top. Very pretty served on a lettuce leaf.

TOMATO SALAD NO. 2

Scrape out the inside of the tomatoes and fill with celery cut rather small and dressed with mayonnaise. Can also be stuffed with other salads. Either one of these salads would be nice every day during the tomato season.

TOMATO SALAD NO. 3

Sliced tomatoes upon a platter or salad dish of lettuce or upon individual salad plates of lettuce and dress with mayonnaise or French dressing.

CELERY AND EGG SALAD

Three bunches of celery, 6 hard boiled eggs sliced, 3 medium sized potatoes, 1 pickle, 1 tea cup walnuts.

Chop potatoes and pickle fine, season with salt and cayenne. Mix with mayonnaise. Serve in tomato shells or on lettuce leaves or in glass dishes.

CELERY AND NUT SALAD

(Cheap and easy to make)

One cupful peanuts chopped fine, after shells and skins are removed. One cupful or more chopped celery, and 2 hard boiled eggs, chopped fine. Mix with your favorite dressing and serve on lettuce leaves or in small glass dishes. A few potatoes added might make it fill out for a larger number, or left over stew or meat. Avoid the use of potatoes as far as possible in all salads, as they contain starch.

CHICKEN SALAD

Even quantities of chicken and celery chopped very fine, about 2 cups or more of each. Chicken which has been nicely roasted or simmered should be used.

DRESSING

Yolks of 3 raw eggs, $\frac{1}{2}$ teacup of butter, 1 cup of vinegar, 2 teaspoonfuls of salt (even), $\frac{1}{2}$ teaspoonful of mustard, $\frac{1}{4}$ teaspoonful of cayenne pepper, 2 teaspoonfuls sugar.

Stir butter into eggs, add vinegar, salt, mustard, pepper and sugar. Put into double boiler, stir rapidly until it thickens. Cool and when ready to serve, add cup of whipped cream if desired. Use celery leaves for decoration.

OYSTER SALAD (Very expensive but delicious)

Two cans cove oysters, $\frac{1}{2}$ bunch celery, 2 sour pickles (chopped) 1 cup of vinegar (diluted with water, salt and sugar to taste, $\frac{1}{2}$ boiled potatoes, other half of salad, yolks of 7 eggs, 1 large teaspoonful of cornstarch or 2 of flour. Put in double boiler and stir until thick. This recipe is not scientific as so much starch is used, but it is delicious. Use one-half amount of salad bulk in oysters and balance of potatoes and celery.

SHRIMP SALAD

Two cans of shrimps, 3 bunches of celery or 3 bunches of lettuce (inner leaves), Remove fish from can, soak one-half hour in ice water to make crisp and tender, break into bits, not smaller than one-half inch cubes. Use lettuce or celery, whichever is in season. Mix with mayonnaise or your favorite dressing.

COLD SLAW

One teaspoonful of salt, 2 of sugar, scant cup of vinegar, dash of red pepper. Pour over dish of raw cabbage cut fine.

HOT SLAW

Put into an iron spider, a heaping tablespoonful of dripping. When hot, add about a quart of finely shaved or chopped cabbage. Let cook slowly for fifteen minutes and then move to back of stove. When about ready to serve, season with salt, pepper and a little sugar and 2 tablespoonfuls of vinegar. If so desired, a cup of sweet cream may be added.

BEET RELISH

One bowl chopped cabbage, 1 bowl of chopped boiled beets, 1 cup of prepared horseradish, salt, and sugar if desired. Put in bottles with wide mouth and cork. Excellent in about a week. Eat with meat.

ANOTHER RECIPE

One bowl each of chopped red cabbage and boiled beets, 1 cup of chopped onion (parboiled 1 minute and drained), 1 cup of grated horseradish, $1\frac{1}{2}$ cups of sugar, 1 tablespoonful of salt, $\frac{1}{4}$ teaspoonful each of black and red pepper, about 1 cup of vinegar. Mix and bottle.

BREAD AND BREAKFAST DISHES

"The Staff of Life"

A paraphrase of Dr. Johnson's. "Whenever the bread is ill made, there is poverty, or there is avarice, or there is stupidity; in short, the family is somewhere grossly wrong."

Wholesome bread must be light (grained not feathery) and well baked, and never sour.

The quantity of liquid used should be measured instead of measuring the flour.

The temperature to raise bread in should not be below 68 nor above 90 degrees. Best bread is made at 68 to 78 degrees.

To test flour for bread, take up handful, close hand on it, then open. If it makes an impression or stays together, flour is good, or stick finger in and if the impression is left, the flour is good.

The yellow flour is best for bread.

If flour is very white, alum has been used, and it is not good.

Winter wheat is best for bread—it has more gluten in it which forms elastic pockets for the yeast plant.

Spring wheat is best for cake—it has less gluten in it.

Gluten has all to do with raising the bread. A gas carbon-dioxide, raises the bread and gluten is elastic and holds the gas in pockets (cells), hence, white bread is more spongy.

The softer the dough, the better the bread.

All germ diseases known are fungi or plant

growth. Yeast is a plant and the lowest form of plant life. If without yeast, one could start a plant by putting water and sugar in flour and let it ferment. Yeast must be good or bread will not be good. One can test it by putting in a cup or bowl with a little warm water, sugar and flour. If it foams or bubbles in a few minutes it is good.

Conditions and essentials for growth of yeast plant—heat, moisture, sugar.

Grapes have yeast property. Sugar causes ferment in grapes. All ferments are sugar.

Ascetic fermentation takes place about 90 degrees and above or when the bread is left to raise too long.

A dark streak in bread is due to light temperature.

More yeast makes bread tender. A penny cake of compressed yeast to 1 pint or $1\frac{1}{2}$ pints liquid, makes best bread.

The object of kneading is to make bread fine grained. This should consist of a rolling motion, keeping the dough turning at same time, and does not require a great deal of force nor any punching or pounding.

Objects of Baking Bread	{	To brown it. To aid digestion. To kill the yeast plant. To liberate the gases.
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Most Common Flour	{	White. Graham. Entire Wheat (best and highest priced).
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After baking, bread should always be put on a cake rest or the molding board—if there is no cake rest, across the tins, but never put away while warm. It must be entirely cold.

Tough bread comes from too low a temperature when first put in the oven. To remedy this, butter quickly about twenty minutes after putting in oven.

Ropey bread is a bread disease. It is caused from bacteria in the place where it is made, which is contaminated. Everything about the place should be disinfected. There are other bread diseases as well which should be all remedied by disinfection. Bread should not rise more than twice the original bulk. About $1\frac{1}{2}$ teaspoonfuls of salt should be used to 1 pint of liquid.

In cold weather, all materials used in baking bread, should be kept in a warm room over night and bring out only as much flour as needed, for if all is brought out, the changing of temperature, spoils it. Flour must be kept closed as it absorbs moisture very readily.

If in a hurry with bread the next day make a little well in some flour in the bread bowl the night before with about $\frac{1}{2}$ cup of water, little sugar and the compressed yeast cake. You will find this quite a little start in the morning.

BAKING BREAD

The very best bread may be spoiled in the baking. For large loaves, the oven should be very hot the first fifteen minutes, that is hot enough to brown them lightly in ten minutes, or so hot that you can hold your hand in the oven while you count twenty, rather fast; the second fifteen minutes, not quite so hot as the first fifteen; the third fifteen minutes not so hot as the second, and the last fifteen minutes a little cooler still or just slowly baking that is all.

With the gas range it is easy to regulate this heat or with a little study the coal or wood range may be easily regulated.

The gas range should be lighted ten or fifteen minutes before the bread is ready to bake and may be turned out ten or fifteen minutes before the bread is taken out.

For small loaves, the temperature should be changed every ten minutes instead of fifteen.

Large loaves should bake at least one hour or one and a quarter hours. Small loaves thirty to forty minutes. Bread should be grainy in appearance when cut not spongy or feathery.

EVERY DAY BREAD (Cheap) NO. 1

For four good sized loaves.

Ingredients—Nearly $1\frac{1}{4}$ quarts of lukewarm water, 1 compressed yeast cake (two cents), 1 heaping tablespoonful salt, $1\frac{1}{2}$ heaping tablespoonfuls sugar and 1 heaping tablespoonful lard.

Rule—take large earthenware dish with cover and sift into it, about 2 quarts of flour. Make a little well in the center of the flour. Put yeast cake in the well and pour upon it a little of the water. Let stand five to ten minutes, then add the other ingredients and the rest of the water, being very careful not to have water too warm, better have it too cool than too warm. Beat it about five minutes and let stand for an hour or two or till it is rather light. If it does not start to bubble, sometimes beating it will start it. Beat again and when ready to knead, cut in flour with spoon and hands till it can be turned on to the molding board. Knead fifteen minutes, being careful not to get it too stiff. Put back in dish and let stand till twice its original bulk. Turn on to the board again and knead five minutes, then cut and mould into loaves. Single pans are best. Cover with a towel doubled and let them rise till twice their size. Bake one hour if four large loaves, or about thirty-five to forty minutes if seven or eight small ones.

This bread can be completed in five hours from start to finish, if temperature is warm and yeast good, but sometimes it takes six to eight hours.

BREAD NO. 2. (Brewers' or Potato Yeast)

Same as No. 1 except using a different kind of yeast. When the compressed can not be obtained, then about one and a half or two days before making bread, put in fruit jar, a large boiled, mashed potato or a grated raw one with the water it has been boiled in and $\frac{1}{2}$ yeast cake (dry) or a whole cake if desired, $\frac{1}{2}$ teaspoonful salt and 1 teaspoonful or more of sugar and a little flour. Do not have the jar too full, about a little more than half. Set in a warm place to ferment, with cover on jar, not too tight. Fermentation takes a day or two according to temperature.

About 2 cups of this ought to make four loaves of bread, though more does not hurt.

This same yeast can also be made with the water drained off of the peeled potatoes which have been boiled for dinner. This kind of yeast makes the bread more moist than the compressed yeast and there is no danger of injuring the flavor of the bread by an excess of this yeast. It is almost as lively as the compressed yeast.

Not necessary to use quite as much liquid for this as when compressed yeast is used. When starting the yeast, use a clean jar each time.

MILK AND WATER BREAD

— (Very good but rather expensive)

One cup scalded milk, 1 cup boiling water, 1 tablespoonful lard, 1 tablespoonful butter, $1\frac{1}{2}$ teaspoonfuls salt, 6 cups sifted white flour or 1 cup of white flour and 5 of entire wheat flour may be used, 1 penny yeast cake dissolved in $\frac{1}{4}$ cup lukewarm water. Follow rules for mixing and kneading nearly the same as No. 1. More kneading would make it finer grained. A little sugar if desired.

SWEDISH ROLLS. (Very nice)

Two cups scalded milk, 3 tablespoonfuls butter, 2 tablespoonfuls sugar, 1 teaspoonful salt, 1 penny cake of yeast mixed with white of 1 egg in $\frac{1}{2}$ cup of water. Knead and let rise once. Knead again and flavor with currants and cinnamon. Make into rolls and let rise.

TOAST

The most important breakfast dish is toast. Bread simply seared and browned on the outside is as indigestible as fresh baked bread. Toast is made too fast. Toast should never be scraped, which it won't have to be if made right. Warm the bread in the oven from three to five minutes so that it is well warmed through, then take fork and brown not too close to the coals, or instead of warming in oven, hold at sufficient distance from the coals to heat through nicely and still brown.

The little bee hive toasters do very nicely if not allowed to get too hot, or the broiler of a gas range. Cut the bread neither too thick nor too thin, about one-half inch slices. In toasting bread properly starch is changed to dextrin, thereby aiding digestion, leaving less work for the stomach and hence used so much for the sick.

ZWEIBACH. (Twice baked bread)

This is invaluable for the invalid or one suffering from weak stomach. Take bread about a day or so old and slice rather thin about one-quarter inch thick. Lay on dripping pan or pie tins, in moderate oven. Bake ten minutes then turn slices and bake ten more—not necessary to brown, just a slight tinge here and there. Prepare enough for two or three days and keep in a well aired or scalded tin box covered tightly. It

is well to wrap in paraffin paper and when going to serve, take out what is needed and toast brown with toasting fork or toaster. It has better effect if eaten dry with a little butter. The one objection is that it cannot be masticated without plenty of noise. One enjoys it most alone in their room or out of doors.

BAKING POWDER OR SODA BISCUITS

Like pie crust, the secret of success is in getting the shortening well mixed with the flour, baking powder and salt are much easier rubbed with one's hands than with a knife.

If you make your own baking powder, $\frac{3}{4}$ of a teaspoonful to a cup of flour is sufficient. See recipe for Baking Powder. Sift flour with baking powder and salt (about 1 rounding teaspoonful to 3 cups of flour). Use 1 good tablespoonful or better of shortening. Any nice, clean tried out shortening or dripping will do, only if for a convalescent, use butter or a very nice grade of oleomargarine (not butterine). Like pie crust, wet carefully with sweet milk (water is very good also) (cream is delicious, either sour or sweet), pouring on in small quantities here and there and lightly and quickly stirring with dessert spoon from outside toward center. Mix as soft as can be handled and handle as little and as quick as possible after mixing. Roll with just enough flour to prevent sticking. Cut with baking powder can or (fried) potato cutter and put on floured (slightly) pie tins or dripping pan. This method never fails. Bake one-half hour in moderate oven till a rich brown, longer baking does no harm. For the sour cream or milk, if not sour enough, use 1 teaspoonful either of baking powder or cream of tartar with flour and 1 even teaspoonful of soda or saleratus to a cup or $1\frac{1}{2}$ cups of cream or milk. Dissolve soda in a $\frac{1}{4}$ of a cup of warm water and mix with the

milk. Three cups of flour will make biscuits for three or four people.

The soda and baking powder may be mixed with the flour. One is apt to use too much soda, but a little practice will correct this. For shortcake use about $1\frac{1}{2}$ good tablespoonfuls of shortening.

ENTIRE WHEAT BREAD. (Delicious)

Two cups scalded milk, $\frac{1}{4}$ cup sugar, $\frac{1}{3}$ cup molasses $1\frac{1}{2}$ teaspoonfuls salt, 1 penny yeast cake in $\frac{1}{4}$ cup luke warm water, $4\frac{2}{3}$ cups entire wheat flour. This can be made with more milk or water and mix soft as cake or kneaded as white bread, better kneaded. This recipe makes two small loaves; let rise at least once before putting in pan. The entire wheat flour is the healthiest flour made; the fine white flour has a constipating tendency, thereby locking up a great deal of poison in the system that should be carried off. For another recipe see milk and water bread.

GRAHAM BREAD

Two and a half cups warm liquid, $\frac{1}{3}$ cup molasses, $1\frac{1}{2}$ teaspoonfuls salt, $\frac{1}{4}$ yeast cake in $\frac{1}{4}$ cup of luke warm water, 3 cups white flour, 3 cups graham flour, a little sugar may be used if desired.

Prepare as white bread and bake. Half of the batter for white bread may be used and add the other ingredients. The graham may be sifted with coarse sieve.

STEAMED BROWN BREAD

One tablespoonful drippings, 1 tablespoonful butter, $\frac{1}{2}$ cup of syrup fill with molasses, 2 cups or little more of very sour milk, cream is better or part cream, 2 teaspoonfuls salt, 1 good teaspoonful soda dissolved in a very little warm water, 1 cup white flour,

1 cup of graham flour, 1 cup corn meal, 2 eggs (can be made without eggs).

Put little circles of paraffin paper in bottom of baking powder cans, grease cans well. Beat the whole well about five minutes. It should be about the consistency of cake batter or a little stiffer if made with cream. Fill cans about $\frac{2}{3}$ full, place in steamer and steam three or four hours. The longer it is steamed the better the flavor and easier to digest. Serve hot with butter or syrup. Makes nice sandwiches cold. Very nice made with real sour buttermilk.

Fuel can be saved by making plum pudding or veal loaf at the same time and steam all in baking powder cans. The veal loaf should not be put on till two hours before serving and warmed before putting in steamer. If milk is not sour enough for soda to act well, add either a little cream of tartar or baking powder to flour, about 1 teaspoonful. It can be made with all syrup instead of syrup and molasses mixed. Less soda if all syrup is used.

STEAMED CORN BREAD

Chop 1 cup suet with $\frac{3}{4}$ cup of flour—pick out the suet strings while chopping, one cup molasses, 2 cups corn meal, $1\frac{3}{4}$ cups sour milk, 1 teaspoonful soda (scant), 1 teaspoonful salt.

This may be cooked in a covered steam pudding dish, baking powder cans or an ordinary deep pan covered with an inverted pie tin.

Steam three hours and eat with syrup.

BREAD (Expensive) Taught by most of the Cooking Schools)

Three tablespoonfuls (level) lard, 3 tablespoonfuls (level) sugar, $1\frac{1}{4}$ tablespoonfuls (level) salt, 3 cups milk scalded slightly, 3 cups boiled water, 3 penny

yeast cakes. Break yeast cakes in $\frac{1}{2}$ cup luke warm water. Put lard, sugar and salt in bread bowl and pour warm liquid over it. Put in flour and yeast and beat ten minutes, then cut in flour with a knife and knead twenty minutes. Let rise to double the quantity. Knead five minutes and make into small loaves. Let rise again to twice its size and bake thirty to thirty-five minutes in gas oven. Oven must be hot when bread goes in. First ten minutes high temperature; second ten minutes lower gas and third ten minutes lower again. It is well to let it stand ten minutes in oven after gas is turned out.

BROWN BREAD. (Baked)

One cup brown sugar, $\frac{1}{2}$ cup molasses or syrup, 3 cups sour milk, $2\frac{1}{2}$ cups white flour, 3 cups graham flour, 2 teaspoonfuls salt, 2 teaspoonfuls soda (scant) 2 eggs.

Beat hard for five minutes and bake for one hour in a good steady oven—not too hot. When the bread shrinks from side of pan, it is done. Always wise to try it with a straw. This rule makes three small loaves. Nice for plain sandwiches or cheese and nut sandwiches. Improved by a little shortening, about $1\frac{1}{2}$ tablespoonfuls, unless made with cream or rich buttermilk. Use a little cream of tartar or baking powder if milk is not sour enough. The graham may be sifted through coarse sieve if desired.

ANISE BREAD

Four eggs beaten, $1\frac{1}{2}$ cups flour, $\frac{3}{4}$ cup hot water, $1\frac{1}{2}$ teaspoonfuls baking powder, 1 tablespoonful anise seed, $\frac{1}{2}$ teaspoonful salt.

Add the hot water last of all. Bake in a loaf tin.

BUNS

Take a piece of bread dough and work or pull through it a little butter and sugar. Roll with the rolling pin as for pie crust; spread with butter and sugar and then roll up like rolled jelly cake. Slice off with a knife and place on ends in dripping pan leaving room for them to rise. Let rise to twice their size and bake from twenty minutes to a half hour.

The plain buns are simply cut with biscuit cutter and let rise.

PARKER HOUSE ROLLS

Pull or work a little butter and sugar through some bread dough. Roll out with rolling pin. Butter the top, cut with a baking powder can and fold one-half upon the other like half cookies doubled.

If no bread is to be baked they can be made rich enough when set. Any good bread recipe made a little richer and sweeter will make these.

RAISED BISCUITS

If fresh bread is wanted the same day it is baked, biscuits can be molded out of the same dough without any change. Small or large ones as desired. Much nicer if shortening and sugar are added, but lots more work and more expensive.

POP OVERS

Beat 2 eggs without separating, 1 coffee cup milk, 1 coffee cup flour, $\frac{1}{2}$ teaspoonful salt.

Mix and bake in hot greased gem pans. Iron gem pans are the best. Bake in hot oven thirty-five minutes. One egg and 1 teaspoonful of baking powder may be used.

NEW ENGLAND POP OVERS

Beat whites and yolks of 2 eggs separately; add the yolks to 2 cups of sweet milk and stir in this 2 cups of flour, sifted with 1 teaspoonful of baking powder and one of salt. Add the whites and beat briskly, pour into hot greased muffin pans, not more than half full. Bake and serve at once.

BLUEBERRY MUFFINS

One egg, 1 teaspoonful butter, $\frac{1}{2}$ cup milk, 2 teacups blueberries, dredged with flour, 2 cups flour, $\frac{1}{2}$ cup sugar, 2 teaspoonfuls of baking powder. Mix well and bake about half hour.

BLUEBERRY PANCAKES

The same as above only less sugar and 1 more egg.

FRENCH PANCAKES

Large pancakes spread with jelly or fine hash, may be used and piled about seven or eight high. Cut like layer cake. Must be kept warm while baking; on the oblong griddle, three could be made at a time.

BRAN MUFFINS

Two cups common bran, 1 cup flour, $1\frac{1}{2}$ cups sour milk, 1 teaspoonful of soda (about rounding), $\frac{1}{4}$ cup butter, 3 tablespoonfuls molasses; get good clean bran from feed store, sieve with coarsest sieve. Bake in muffin tins. Bran is very good for a sluggish system, a teaspoonful may be put in glass of cold water and drunk one-half to one hour before breakfast.

GRAHAM MUFFINS

One cup each of graham and white flour sifted together with $\frac{1}{2}$ teaspoonful salt and 2 teaspoonfuls of baking powder, 1 tablespoonful of sugar; beat 1 egg

and stir into $1\frac{1}{4}$ cups milk. Stir into flour with 3 tablespoonfuls melted butter or oleomargarine.

JOHNNIE CAKE

Two-third cup butter, creamed with 1 cup sugar, the yolks of 3 eggs, 2 cups milk, 2 cups each of corn meal and white flour sifted with 1 teaspoonful of soda and 2 of cream of tartar. Last beat in 3 beaten whites. For a cheaper recipe see the following one.

Waffles, Muffins and Corn Bread, may all be made simply with this foundation—1 teaspoonful of salt, 2 of sugar, an egg, or two if you have them, $2\frac{1}{2}$ cups milk and $2\frac{1}{2}$ cups flour, 1 heaping tablespoonful of shortening, cold or melted. Waffles are better with more eggs and better if eggs are plenty enough to raise them instead of soda or baking powder.

Waffles and muffins need to be a little stiffer than pancakes or cornbread.

Use 1 teaspoonful of soda (cream of tartar or baking powder if milk is not very sour) if sour milk, or 2 teaspoonfuls of baking powder with sweet milk.

When cold shortening is used either mix with the sugar or work with the flour and baking powder or soda as for pie crust, working well.

Fritters are made with less grease and fried in deep fat (boiling). All of these are eaten with syrup.

In a pinch, water may be used for any of these instead of milk, but it does not make them tender.

BUCKWHEAT CAKES

Syrup makes buckwheat cakes easier to digest. If dry yeast is used, set sometime in forenoon day before, about $\frac{1}{4}$ yeast cake set as for bread, in a large cup. At night make batter of about the same consistency as for cake, with warm water, using about

$\frac{3}{4}$ cup of the buckwheat to a person (if a hearty eater, use 1 cup), and a warmed earthenware dish or bowl; (never use cheap tin). For four to six persons, use 1 teaspoonful of sugar. Beat all together and let rise over night, covering warm both underneath and all over as one would make a baby snug in bed. It is well to make an all-over thick cozy for it. In the morning, add 1 heaping teaspoonful of salt, $\frac{1}{2}$ teaspoonful of soda dissolved in a little warm water ($\frac{1}{4}$ cup), and 1 or 2 tablespoonfuls of good molasses or 2 tablespoonfuls of buttermilk or milk (any kind) a cup wouldn't be any too much.

Beat lightly and well. Bake brown on a moderately hot griddle or heavy frying pan. Cooking too fast and browning outside too quick, leaves the center indigestible. Soapstone griddle is best of all. It takes a long time to heat but makes up for the trouble many times over.

The above method never fails unless yeast is no good. They must not be kept too warm or too cold. Temperature has much to do with their success. Some take out a cup of the batter and put in cool place, before adding the ingredients in the morning, and use this for yeast the next night, and are very successful in keeping it up all winter. But when cakes are not made every morning, as they should not be, once or twice is sufficient to use this batter for yeast.

FRIED MUSH

Any of the cooked cereals, cornmeal especially, well steamed in double boiler day before and a little thicker than for mush or porridge, set in granite loaf tin, dredged with corn meal and covered with towel to prevent heavy crust on top. A teaspoonful of sugar added while cooking or a little sweet milk will make them brown quicker when fried without being

breaded. Use sufficient grease, keep very hot, lower gas occasionally to keep from burning and do not turn till brown crust has formed. It takes about five minutes or more to a side. If grease is kept hot, they will not soak it up. Oatmeal is a little softer than cornmeal and sometimes fries better taken out in spoonfuls then sliced. Slice thicker than cornmeal and it is well to add a tablespoonful or so of cornmeal when cooking it. This is a good method to use up left over breakfast foods.

FRENCH TOAST

If bread is very stale, slice and dip in water for a minute or less one at a time before dipping in the egg, but if ordinary stale bread say 2 or 3 days old, simply dip in the beaten egg and milk, 1 egg to a cup or $1\frac{1}{2}$ cups milk; water may be substituted for milk; $\frac{1}{4}$ teaspoonful of salt. Fry brown on griddle or heavy frying pan. Some use all egg without milk and call it egg toast. The amount of eggs and milk used depends on the number to be served. Eat with syrup.

SCOTCH PANCAKES

Any pancakes spread with jelly or other ingredients and rolled. May be fastened with toothpick.

YORKSHIRE PUDDING

An accompaniment to Roast Beef.

Six rounding tablespoonfuls flour, 3 eggs well beaten, 2 cups milk, $\frac{1}{4}$ teaspoonful salt. Blend flour and salt with some of the milk, add the rest, making about as thick as soft custard. Put in shallow buttered pan. Bake slowly three-fourths hour, basting towards the last with the roast beef gravy, if one has a wire stand, the roast may be set up over it for the

last fifteen to twenty minutes to drip on pudding. Cut in squares around roast on platter. It may be baked in dripping pan after roast and part of gravy are removed.

MILK TOAST. (Individual)

Toast one or two thin slices of bread according to the rules for making good toast. While still hot spread over them a little fresh butter and sprinkle over them a little salt. Cut each slice in quarters or triangles. Place in a warm bowl and pour over them a cupful of scalded milk—that heated in a double boiler is the best. Serve at once. Excellent for invalids or anyone with weak stomach. For breakfast or supper serve individually.

DIPPED TOAST

Prepare as for milk toast. Dip the buttered slices in slightly salted boiling water or moisten with 2 or 3 tablespoonfuls of the water. Serve at once—with poached egg if desired. Excellent for invalids.

CREAMED TOAST

See Creamed Dried Beef on toast. It is made the same except that the plain white sauce is poured over the platter of toast without the beef. Drawn butter sauce may also be served over platter of toast; it is sometimes called buttered toast.

SANDWICHES (including Lenten)

If cold lunches are to be put up sandwiches require very careful attention, making them as dainty as possible and wrapping well in paraffin paper to keep them fresh. A lettuce leaf on top of lunch helps to keep it fresh, also, or celery leaves; they impart a little of their freshness to the dinner basket or pail. Paper napkins are neat and fresh, as well as saving laundry labor.

The success of sandwiches depends largely upon the bread. The bread should be fresh and cut thin. One day old is best and should never be more than three days old. A lettuce leaf on bread under mince meat will prevent juices from tainting or soaking bread as mustard or catsup. Have everything cold before packing a cold lunch.

Dainty shaped sandwiches may be cut with baking powder can or fancy cooky cutters.

CUCUMBER SANDWICHES

Cut fresh cucumbers very fine. Mix with salad dressing and spread thickly on buttered bread cut thin. If to stand or to be carried in a cold lunch, protect bread with lettuce leaves.

CREAM CHEESE SANDWICHES

Mix peanut butter and cream cheese. Moisten with sweet cream and spread.

Minced sandwiches can be made from mincing left-over boiled or baked fish, meat, fruits and eggs.

Fish should be carefully prepared and seasoned;

when making the sandwich, sprinkle with water-cress minced or chopped fine. If not a lenten sandwich, mix with hard boiled egg.

Sardines may be cleared of bone and skin and rubbed smooth with lemon juice.

Left-over boiled ham, using about one-third fat, is very nice minced and flavored. Use mustard only occasionally and catsup also, unless for out-door workers. Too much of it irritates the stomach.

Cold roasts or fresh cold steak can be minced. It may also be mixed with a little cold ham or corn beef.

A little paprika is nice in the minced sandwiches.

If one has not a food grinder, use a chopping knife for mincing.

Hard boiled eggs can be rubbed smooth and seasoned for sandwiches or sliced cold and seasoned. Mayonnaise is a nice seasoning for them.

Fried bacon, nice and crisp and drained on paper in oven, makes dainty sandwiches. Salt pork sliced very thin may be used the same. A small bottle of catsup or little white jar (as druggists use for salve) of mustard or chili sauce.

Home-made mustard may be made of one teaspoonful of salt, two of sugar, and two or three of mustard rubbed smooth with vinegar, or a little flour may be added and set bowl into boiling water and stir until smooth. Red pepper or paprika may be used if desired.

JELLY SANDWICHES

One cup of jelly mixed with $\frac{1}{2}$ cup of nut meats (any kind) chopped fine. Quince jelly is delicious but rather expensive.

FRUIT SANDWICHES

Equal quantities of figs, raisins and blanched almonds cut fine. Moisten with orange juice so that it

will spread easily. The fig filling for cake, flavored with lemon juice and nuts, is very good.

Moisten and stone dates and mash with nuts and lemon juice.

Cheese sandwiches are good with a little fruit, especially strawberries.

Those carrying a cold lunch like a variety of sandwiches occasionally—say, one fruit, one meat, one fish—and it often happens that one has just enough material on hand to put up this kind of a lunch. It is always well, especially with children's lunches, to put in a little raw fruit, a banana one day, an orange another, an apple, a bunch of grapes, etc. Children should have not more than one meat sandwich. Fruit and nuts are better.

Dainty sandwiches of any of the above may be made from single slices of fresh bread, rolled and fastened with a toothpick. Make pleasant little surprises of any kind to stimulate the appetite, especially of indoor hard workers. It means so much to keep up their strength. One can study materials on hand and plan new varieties.

PEANUT BUTTER

Five cents worth makes about eight sandwiches. Equal to the best brands on the market. Buy the peanuts roasted. Shell and skin (blanch). They are roasted enough if the skins are red. If not, roast in shallow baking pans until skins are dark red. When cool, the peanuts should be rubbed about in pans to loosen skins. Fan the skins all out. Put in a small bag made of strong flour sacking and beat with a mallet upon a smooth flat stone. The peanuts have enough oil to make them cohere after eight minutes pounding. A little salt helps to bring out the oil; then salt to taste. A little olive oil or butter may be added to

make them spread easily. They can be ground in a meat chopper and butter added, but grinding will not bring out the oil.

DAINTY SANDWICHES

Two hard boiled eggs, 1 dozen walnut kernels, 1 dozen ripe olives, $\frac{1}{2}$ dozen stuffed olives.

Chop walnut kernels fine; then chop eggs and olives together, adding sufficient mayonnaise to make the right consistency to spread. Season with salt, pepper or paprika, also a little prepared sweet mustard. After having buttered the bread, spread a thin coating of sweet mustard, and last, spread on a generous portion of the above mixture. Serve with a crisp lettuce leaf if desired.

NUT AND CHEESE SANDWICHES (Very Nice)

Mix one-half cup of chopped or pounded nuts with one roll of Neufchattel cheese. Can be gotten at any good grocery or an equal to it. Spread on slices of rye bread, whole wheat, graham, Boston brown, or even white bread is nice. Almonds, pecans, butternuts or English walnuts may be used.

Sandwiches must be made thin; cut bread very thin.

Lettuce sandwiches are very nice made with three leaves of lettuce and two layers of mayonnaise; that is: butter one slice of bread, lay on lettuce leaf, then mayonnaise, then lettuce leaf, then mayonnaise again, then another lettuce leaf, and last the other slice of bread. This gives a good substantial sandwich, and the lettuce keeps the mayonnaise from soaking the bread.

DESSERTS

Desserts, as far as possible, like cookery for the sick, should be made pleasant surprises, except when teaching the children how to make them, and these they will do and learn quickly, not speaking of the pleasure it affords them.

They can make the simple desserts themselves while their watching the making of pies, cakes, cookies and so on is a very interesting study to them and very useful to both boys and girls. A little later on they can make use of the principles they have learned in their school work and in many of the professions or trades they may take up.

JUNKET

One of the easiest desserts and one of the best for the weakest stomach, is junket. The recipe is on package of tablets, which can be bought at most grocers and druggists for ten cents. One package will last a long time. A neat little cook book comes with them, with principles and recipes for many desserts made with junket. The writer knows of only one kind of junket—that put up by the Chr. Hansen Laboratory, Little Falls, N. Y. It is an excellent lunch for between meals for those who require a lunch, and for convalescents. It must be served ice cold or nearly so.

CREAM OF WHEAT PUDDING

An excellent recipe may be found on the package of Cream of Wheat. Eggs may be left out and twice as much Cream of Wheat used. About two or three

tablespoonfuls of sugar is sufficient; may be eaten with plain milk or a simple sauce, or alone. Half of the recipe will make neat dishes of dessert for four.

INDIAN PUDDING

See recipe for steamed corn bread. For a very small family, half the recipe will do. Use just a little less flour, as it does not require slicing as even as bread. Serve with any of the simple sweet sauces, or it may be made like cream of wheat pudding, which is healthier and easier to digest.

RICE CREAM

One quart milk, one-half cup sugar, a little salt, one-half cup well washed rice, flavor to taste.

Bake a long time slowly, about one and a half hours, stirring occasionally, except towards the last, let it brown. Cover at first.

RICE PUDDING

May be made with cold boiled rice, say about two cups, which has been saved in a covered dish or jelly glasses to keep it soft. Break up gently with a spoon, add about two cups milk, one or two eggs, one-half cup sugar, with one-half teaspoonful of cinnamon, add one cup of raisins, if desired. Bake till brown. Eat with cream or any simple sauce. One cup of hot water may be used instead of all milk. Soften the rice in it. Hot boiled rice is excellent for this; one-fourth cup of rice will make one cup boiled rice.

STRAWBERRY SHORTCAKE.

One Method:—Bake the one egg cake in two layers and put sweetened crushed strawberries between and on top.

Another:—Bake the one egg cake in muffin tins and serve each cake in individual dishes covered with the crushed strawberries.

Old and probably the best method:—Make a nice tender biscuit dough, using plenty of shortening; (see recipe for biscuits); bake in two layers and split. It is easier to split if when rolled out as thin as can be handled without breaking, it is buttered or dredged with flour, then folded once; cut to fit two square tins. This makes four layers on a platter.

This last can be cut with baking powder can and served individually.

Strawberries are easily crushed with chopping knife or baking powder can used as a chopper.

Any fruit, some raw and others cooked, can be made into shortcake or pudding. Oranges cut fine make a delicious shortcake. Canned raspberries or blackberries are excellent. Apples are nice cut into a shallow square tin lined with biscuit dough and just folded over, leaving a slit in the center. Some children call this "Apple Jack." Bake a rich brown and serve with cream.

Roly Poly pudding is made on this last principle, only the dough is spread with the apples or fruit, rolled and steamed three or four hours. Apple Dumplings are the same except the dough is cut into squares, apples put in the center, folded up and steamed three hours.

The Roly Poly could be baked in double roaster, two or three hours with a little water.

EMERGENCY PIE AND ENGLISH PUDDING

Grease and almost fill a porcelain or granite pie plate with apples, flavor and put over the top, a pie crust or biscuit dough. Bake a nice brown, serve individu-

ally, upside down, with a simple sauce or sweetened milk or cream.

English pudding is made the same only use deeper dish and bake longer and slower or crust will burn and apples won't be done.

BIRD'S NEST

Same principle as above; apples or peaches may be used; just warm in the oven, don't sweeten. Cover with one egg cake batter and bake real well. Serve upside down with sauce or cream. Raised dough can be made rich and rolled out, placed the same as Emergency Pie; let rise and bake.

BROWN BETTY

For an invalid, toast the bread, or use zweibach. The old rule is two cups bread crumbs, four tablespoonfuls melted butter, two teaspoonfuls cinnamon, four cups chopped apples and one cup sugar; arrange in layers alternately, spreading the sugar and cinnamon between; first and last layer is bread, but twice bread instead of apples may be used; add 3 cups of hot water. Butter may be spread on top or not or on each slice before cutting into crumbs. Bake one hour or little more, covered. Uncover at the last to brown on top. Simply break the bread in little pieces and slice apples between the layers.

Other fruit betties can be made as well as apple. Flavor with raisins or currants if desired.

SPICED PUDDING (Plum Pudding)

This can be made the foundation of a suet pudding. One cup chopped suet dredged with flour while chopping, one cup sugar, one cup sour milk (half cream) or all sour cream, one egg, one-half teaspoonful each

of cinnamon, allspice and cloves, one cup seeded raisins or currants. If raisins, break in two, if time permits. One teaspoonful not quite rounding of baking soda, flour enough to make a good stiff cake batter. Steam three hours, longer does not harm it, in baking powder cans. If the cream is not at hand, use one cup milk and a good tablespoonful of shortening. A little less cloves and more cinnamon may be used and a tablespoonful or so of molasses, if desired. Serve with sauce.

This can be steamed with veal loaf, only must be put over one hour sooner and not disturbed. Handle carefully when putting in veal loaf, which has been warmed. Brown bread can also be made with it.

This pudding is excellent baked in a shallow loaf tin, slowly in the oven for an hour or little more and serve as cottage pudding. It should be a very dark brown, but not burned.

BOILED CUSTARD

Take five tablespoonfuls out of a quart of milk and blend with two tablespoonfuls of flour (rounding). Put the rest of milk on in double boiler; when about ready to scald, stir in blended flour until it thickens, let steam about five minutes, then add three eggs mixed with half cup of sugar. Set away to cool. Eat without sauce or with a little jelly. Floating Island is the same, only the yolks are added to the custard and the whites are dropped in spoonfuls or "little islands" on the custard while hot in a pudding or serving dish and set in the oven for a minute.

A SNOW BALL

for a patient is made almost the same, only no flour. Heat cup of milk in double boiler and beat the white. Put white on top of hot milk, cover and let steam

about two minutes, remove white carefully, put in yolk with a teaspoonful of sugar, remove from fire, put on a soup plate and put white in center. Let get real cold and surprise the patient. It is sort of a cooked egg nog. Nice for a child.

BAKED CUSTARD

One quart milk, four eggs, beaten separately if desired, one-half cup of sugar, a little nutmeg or cinnamon, suggestion of salt. Bake in buttered cups or pudding dish. If cups are thin, set them in pan of hot water. Remove as soon as set or it will curdle.

Rice custard pudding has a cup or more of soft boiled rice added and less eggs. Raisins may be used.

BREAD PUDDING

(For Four)

Soak bread, fifteen to twenty minutes if very stale, otherwise three to five minutes, enough to almost fill a quart pan. Squeeze lightly and sort of feather it in a baking dish, at the same time putting in a few currants and a little cinnamon or none, as desired. Pour over all, one egg or two beaten with one-half cup of sugar, one-fourth teaspoonful of cinnamon, two cups milk (or one and a half cups milk, substituting water for other half cup). Press down a little with fork and bake three-quarters of an hour. Excellent with cinnamon sauce. Nice cold, wrapped in piece of paraffin paper for cold lunch. This may be made without soaking if about a cup of water is added to the milk and the bread broken a little.

BOILED RICE

The secret of boiled rice is to have the grains large and flaky and well cooked. Wash well, boil in slightly salted boiling water for about ten minutes, then place

in the inside part of double boiler, (drain or not), add more boiling water, a little hot milk and one or two teaspoonfuls of sugar. Set into the outside boiler and steam one hour with the cozy; the last ten minutes leave open in the oven. Do not stir, as you break the grain. A piece of vanilla bean flavors excellently. If for dessert, eat with hard sauce. Allow $\frac{1}{4}$ cup raw rice for 1 cup cooked rice.

RASPBERRY WHIP

Beat the white of one egg with a dash of salt enough to break it a little, in a bowl, then add one cup of powdered sugar and one and one-fourth cups of raspberries, (a little less of the canned or more of the fresh). Beat all with a wire whisk till it will hold together and shape well. Pile on a serving dish and surround with lady fingers or strips of cake in the shape of lady fingers or dainty cookies will do. Serve with boiled custard or whipped cream.

PRUNE WHIP (Prune Souffle)

See recipe for cooked prunes. If the large prunes are used, take out about twelve or fourteen after being thoroughly simmered, remove stones and press through colander or gravy strainer (puree sieve). Add to them the whites of three beaten eggs and three tablespoonfuls of granulated sugar (powdered or confectioners' if desired). Bake in pudding dish twenty to twenty-five minutes. Serve in the same dish, cold, with cream or sauce.

Apple whip can be made the same.

Either one may be heated in double boiler if room enough for rising, instead of baked. Apples should be cooked with skins on. Two or three good sized apples will make dessert for six. It can also be arranged in layers instead of mixed.

PRUNE PUDDING

Take a little piece of bread dough on baking day and work or pull through it a little shortening and sugar. Grease bread board well with dripping or use plenty of flour and roll as thin as pie crust, nearly. Line a deep dish with this crust. Half fill with stewed prunes, (pick out with toothpick so as to get but little juice) laid in lightly. Fold crust toward the center. Set in warm place till very light. Cover with an inverted granite cake or pie tin that will fit the dish, and steam three hours or more. Serve warm with the prune juice sweetened a little or a caramel sauce. (See cakes). It is nice with cinnamon or lemon sauce. Delicious, only crust is a little tough.

CREAM PUFFS

One-half cup butter, one cup boiling water, one cup flour, pinch of salt, put butter and water on stove in sauce pan. Stir in a cup of flour and pinch of salt while boiling, let cool. A novice will doubt its goodness from the appearance. When almost cold, stir in three eggs, one at a time, not beaten. Bake in hot muffin tins, twenty to thirty minutes. If baked early in the morning they are not so tender as when baked about an hour before dinner or before using.

When ready to serve, open and fill; put together again.

Filling—Whipped cream, cold boiled custard or filling for bride's cake (see cakes). An excellent dessert for both family and a convalescent.

PRUNES

One pound of prunes. Put in cold water and set on back of stove till well warmed, then wash thoroughly (this should be done night before if soaked all

night, as they should be cooked in the same water as soaked in), and put them in plenty of hot water with about three slices of lemon and three or four tablespoonfuls of sugar; let simmer on back of stove about three or four hours, with cozies. (Two hours will do if soaked all night), till juice is a nice syrup. A little of the skin may be left on the lemon, to get the flavor of the oil of lemon.

More sugar is required for a cheap grade of prunes. Keep covered till cold so that prunes will puff.

Nice for fruit for breakfast, dessert for dinner with cookies, or sauce for supper. Excellent.

Follow same rule for all dried fruits, which can be used in several ways.

BAKED APPLES

If good apples, simply core and bake. Poor apples may be halved or quartered and all badness removed. Do not peel. Bake in rather quick oven in a covered pudding dish, making sort of a double roaster. If desired, baste with little sweetened water. Excellent served cold for breakfast with cream, or very nice warm for dessert with any nice pudding sauce. One should have them as often as possible while in season.

SWEET SAUCES

MAPLE SAUCE

Half a brick of maple sugar, broken a little, cover with hot water. Boil till a nice (rather thick) syrup. When needed, just heat and add cup of English walnuts, broken. Serve hot on ice cream. Serve quickly. Delicious.

CINNAMON WATER

One ounce stick cinnamon, one pint boiling water (two cups); boil fifteen minutes, strain, bottle and use for mixtures requiring cinnamon water.

CINNAMON SAUCE

Mix one tablespoonful flour with cup of sugar and two-thirds teaspoonful of cinnamon (ground). Thoroughly mix dry. Add two cups of boiling water and stir till thick. Set on back of stove for four to five minutes. Add butter and pinch of salt when done, if desired.

Nutmeg sauce can be made the same way, substituting $\frac{1}{8}$ teaspoonful of nutmeg for cinnamon. Very nice made in double boiler and let steam ten minutes after thickening.

BRANDY SAUCE

Mix flour and sugar same as for cinnamon sauce, and boiling water also. When done, add piece of butter and two tablespoonfuls of brandy. A pinch of salt with all these sauces improves taste.

WINE SAUCE

Same as brandy, only flavor with one-third to one-half cup of wine or more.

LEMON SAUCE

Same as above, only add sliced lemon, leaving the rind on two or three slices to get the flavor of lemon oil. Serve one piece on each dish of pudding. Nice served on cottage pudding baked in muffin tins. Each person has an individual pudding then.

SYRUP

Two cups sugar, one-half cup water. Stir until sugar dissolves. After dissolving, cook slowly eight to ten minutes, then bottle and keep. This may be used to sweeten ice cream. Nice for pancakes, etc., but use two or three times as much water.

LEMON SAUCE OR FILLING

Grated rind and juice of one lemon, three-fourths of a cup of sugar, one-half cup of water for filling or one for sauce, one tablespoonful of corn starch, or two of flour (half this much for the sauce). Blend flour or corn starch with a little water. Boil all together and just before taking from the fire, add one beaten egg with pinch of salt and a little of the same sugar.

CHOCOLATE SAUCE

Use milk, or half milk and water, instead of water, the same as for the cinnamon sauce, and a little more sugar, and two tablespoonfuls of scraped or grated chocolate. Stir till smooth or use milk and chocolate in above recipe instead of lemon and water.

HARD SAUCE

One-half cup butter, one and one-half cups of powdered sugar. Flavor with vanilla or lemon to taste (one to two teaspoonfuls). Cream butter and sugar as for cake. Very nice with boiled rice.

CUSTARD SAUCE FOR PUDDINGS

One pint of milk (two cups) one and one-half table-spoonfuls of sugar, yolks of three eggs, beaten well. Make in double boiler and remove soon as thick or it will curdle. When cold, add vanilla.

CARAMEL SAUCE

See caramel filling for cake. Make a little thinner than for cake.

PIES

Pies we will have in spite of their being condemned; but if used judiciously they are not so harmful. People working out of doors can use them once a week and in very cold weather twice a week, but in hot weather as little as possible. Long, moderate baking will aid the digestion of them. In making pastry, the starch granules are enveloped in the fat and so are not acted upon by the saliva in the mouth or in the stomach (the fat being partly digested in the stomach) and, therefore, not digested until it reaches the small intestines. Hence, the use of too much pie and cake causes intestinal indigestion, the tired feeling of spring being one of the symptoms.

Pastry is of two kinds, plain and puff. The puff paste is made by simply spreading the plain crust with shortening, doubling and rolling several times. Lightness depends on amount of air enclosed, and the flakiness depends on the kind of shortening used. Lard makes a very tender crust; unsalted butter, a nice flavored cotoleine and cotosuet are cheap and wholesome if manufactured properly. The secret of good pie crust is to thoroughly mix shortening with flour and use as little water as possible. It is easier to use hands than a knife, and is sanitary if hands are well washed and then rinsed in cold water to close pores, then dried.

Nearly all fruit pies require deep tins. A cylinder of writing or paraffin paper placed in the center of top crust will prevent running over; or run a strip of clean wet white cloth around the outside.

A fork, scissors, or little fancy pie crimper may be used for crimping edge,

Set pies on wire rest after baking, to cool quickly on the bottom and prevent soaking.

Lemon pie crust is very nice baked on the outside of the pan turned upside down. Patties the same.

PIE CRUST OR EASILY MADE PASTRY

For a one-crust pie use a good cup of sifted flour, a heaping tablespoonful of lard, two-thirds rounding teaspoonful of salt. When thoroughly mixed, add here and there, lightly, about three tablespoonfuls water, stirring from outside to center, making pastry stick together; roll out. For two crusts take about one and one-half times the ingredients.

CREAM PIE

Two cups milk, 4 tablespoonfuls sugar, 1 tablespoonful corn starch and 2 tablespoonfuls flour, $\frac{1}{2}$ to $\frac{3}{4}$ teaspoonful vanilla, whipped cream.

Bake crust as for lemon pie, first. Put milk in double boiler. When near boiling point add flour and corn starch blended. Stir till thickens. Sugar may be added with flour or when about to take off. When nicely done (may steam with cozy on 15 to 30 minutes) remove from stove, add vanilla and pour in pie crust to set. When ready to serve put whipped cream over the top or a tablespoonful on each piece. Excellent. This or plain custard is delicious over sliced bananas. Crust baked first.

LEMON PIE

One cup sugar, 2 cups hot water, yolks of 2 eggs, 2 tablespoonfuls corn starch or 4 of flour, grated rind and juice of one lemon, butter size of egg, just a wee bit of salt.

Have crust baked, stick with a fork in five or six places before putting in oven, or bake on outside of tin inverted. Wet corn starch in a little water, then mix in yolks. Have water hot, stir in corn starch, also lemon. Stir until thick, add sugar and butter. Fill crust and put beaten whites on top. Add a tablespoonful of sugar to each white of egg and brown a little in the oven. Very good.

It is better if the corn starch is well cooked first, about one-half hour, and yolks added after removing from fire; this is more scientific and easier digested. Also, do not add the butter until just ready to pour in the pie crust.

ONE EGG LEMON PIE (Very cheap and easy)

This is very little work if one happens to have some unbaked pie crust left over. Roll out, fit in tin, stick with fork and bake a delicate brown. It may be put on outside of tin.

Just a little over one-half of a breakfast cup of sugar. Juice of one-half lemon ($\frac{1}{4}$ will do), 1 cup hot water (or $1\frac{1}{4}$ cups), $1\frac{1}{2}$ heaping tablespoonfuls of flour, a suggestion of salt.

Mix the egg and one-fourth of the sugar in a cup or small bowl, add the lemon juice to this before putting it with the cooked part. Mix the rest of the sugar and the flour thoroughly (dry as for sauce) in a little pint double boiler—or a little sauce pan may be set into a larger one with two or three little pebbles under it to keep the water from being forced out on the stove, also prevents burning. Add to this the hot water in which the skin of the lemon has been cooked a few minutes for flavor. Stir until thick and then set in to steam for about fifteen minutes to cook the

flour better. Add egg and lemon juice and let stand about half a minute longer, then pour into the baked crust and set away to cool. The white of an egg may be separated and beaten, a tablespoonful of sugar added and decorate the top like floating island or in circles of white, and brown a minute or two in the oven. Egg must be strictly fresh to do this. Put on while filling is hot so it will cook from the bottom.

APPLE PIE

For very sour apples use a breakfast cup of sugar to a small pie or almost $1\frac{1}{2}$ cups to a large pie. Put half the sugar on the bottom crust. If apples are cut fine, simply pour them in; if cored and cut in rather fine sections, lay in on sugar in nice order about two layers deep. Shake a little cinnamon or nutmeg, or drop some lemon juice here and there. Put the other half of the sugar over the apples and after wetting the edge of bottom crust with water and cutting a few slits in upper crust, put it on carefully and paste edge well with thumbs to the edge of the bottom crust. Bake moderately from one-half to three-quarters of an hour, just a nice brown. The better baked, the easier to digest. In summer green apples should be steamed or simmered until almost tender, unless of a mellow kind. Bits of butter over the apples adds much to the flavor, but it is good without any flavoring. Mild apples require about one-quarter less sugar.

RHUBARB PIE

Do not peel the rhubarb. Cut in fine pieces or about one inch lengths. Proceed as with apple pie only a heaping teaspoonful of flour may be mixed with the sugar and leave out flavoring.

GRAPE PIE (Excellent)

On the very same principle as apple pie. Separate the pulp from the skins. Boil pulp about five or seven minutes, stirring so as to break them quickly, and rub through gravy strainer. This is a very quick method of removing the seeds. It will be nearly cold when through the sieve. Now pour the juice over the skins, having arranged them nicely in bottom crust over half of the sugar. Put the other half of sugar over all and then put on the top crust same as for apple pie.

PUMPKIN PIE

Four good rounding tablespoonfuls of pumpkin, 2 cups of sweet milk (if you must use it a little old, put in a pinch of baking soda), 1 rounding teaspoonful of ginger, $\frac{1}{8}$ teaspoonful of nutmeg, 2 tablespoonfuls of molasses, $\frac{1}{2}$ cup of sugar, 2 eggs, pinch of salt. Fresh, canned or dried pumpkin may be used. If the fresh, simmer three or four hours on the back of stove and then dry out a little more in the open oven, stirring occasionally. If dried, soak all night in very fresh milk or soft water, just enough to be absorbed. Then smooth with a spoon and use as other pumpkin. A little less sugar and more pumpkin may be used.

SQUASH AND SWEET POTATO PIE

Use same recipe as for pumpkin pie. Either of these may be steamed or baked and then mashed. Squash is very nice made in a custard pie flavored with grated lemon rind or extract.

CHOCOLATE PIE

Foundation of recipe is the pumpkin pie, only use two tablespoonfuls of chocolate instead of four and leave out spices, substituting vanilla if desired. Use

one cup of water instead of all milk and add two tablespoonfuls of flour to sugar.

Eggs may be left out or used ; if used, one to a tablespoonful of flour is sufficient. Boil sugar, flour, milk and water, as in "one egg lemon pie," add eggs about one-half minute before pouring into baked crust. If not decorated, set away to cool. Serve plain, or with whipped cream, or decorated with white of egg like lemon pie. For a quick and also nourishing dessert the plain is very good. A little more sugar may be used if desired very sweet.

CREAMS, SHERBETS AND ICES

I will simply give a few of the principles, as they are so simple and easy to make one can make up many different recipes. Oftentimes little booklets are found containing excellent recipes.

Sherbets differ from ice cream and ices in beating whites of eggs and gelatine may be added.

Frappe is ice shaved with fruit juice poured over it, generally flavored with lemon and sugar.

Punches come between sherbets and frappe and have liquor added. Sherbets never have liquor.

Mousses are whipped cream, with flavoring and crushed fresh fruit or canned fruit added and frozen or chilled.

Ices are fruit juice, water and sugar frozen.

A good, strong lemonade, well sweetened and strained, makes an excellent lemon ice. Orangeade flavored with lemon juice makes an excellent orange ice.

Any fruit juice, fresh or canned, makes nice ices.

Gelatine should be first soaked in cold water, then in warm to take off gluey taste. It is soluble at simmering point, but gets no harder at boiling point. The better the gelatine the less gluey taste it has. Excellent recipes are found on packages.

Fruit may be added to ice cream after it is frozen, and let stand for an hour to ripen.

Plain ice cream is delicious served with hot maple sauce. Put a tablespoonful on the top of each dish and serve quickly.

Use three parts of ice and one of coarse or rock salt for freezing.

Do not use corn starch or flour in ice cream for an invalid, and if not permitted sugar, milk sugar or saccharine oftentimes are permitted.

A baking powder can and dinner or lard pail and silver knife for a dash, make a good individual freezer for an invalid, or a little toy freezer makes about three dishes.

A FEW SIMPLE DESSERTS

Let apple sauce and whipped cream get very cold and mix together. Might be called apple snow.

Gooseberries may be prepared the same.

Layers of oranges and cocoanut (grated).

Sponge cake (left over) with jelly and whipped cream. (Charlotte Russe).

Chocolate Blanc Mange in cups or mold, with cream.

Baked apples with cream or a pudding sauce.

Sliced bananas and cream.

CHEESE

One pound of cheese, which is a valuable dairy product, made of whole milk or skimmed milk, contains nearly as much nourishment as three of meat—that is, it has as much proteid as two pounds of meat, and as much fat as three pounds.

Some do not appreciate the value of cheese because it is eaten in the wrong way and at the wrong time; for instance, a Welsh rarebit or cheese sandwich before going to bed is very bad. Eaten alone it is very indigestible, but in connection with milk or other foods, a small amount, about one-half to one ounce, is very good. Some scientists say it aids digestion, being a ferment. Most of the poor of Switzerland carry nothing but bread and cheese in their lunch.

Many nice dishes can be made for supper or luncheon, out of cheese, and cheese is excellent occasionally for those who carry lunch and cannot afford meat.

In earlier times cheese was only served with pie and doughnuts, and but one kind was known—the ordinary everyday cheese. Gradually, one by one, others came into use, until now we have a number to select from. The different names for foreign cheese is due more to the places at which they are made than to the process, while the American cheese, no matter where it is made, seems to be known only as American cheese. Some factories ship a great deal to the foreign market, where our cheese is highly appreciated. It has a sharper flavor than the foreign cheese. Some have been found adulterated, which is often the cause of indigestion. Some of the best American cheese is made

in New York, the climate and pasturage being especially adapted for it. The cheapest and best known of foreign cheeses are imitated in America, so that they can be bought saving tariff. Most of us who desire to like cheese for its nutritive value often have to cultivate the taste for foreign cheese, as the flavor at first is unpleasant.

No cheese, even though dried, should ever be thrown away, as it can be used with macaroni, eggs, escaloped potatoes, etc. In the following recipes the ordinary American cheese is meant unless specified. Red pepper and mustard are used very much to flavor cheese. All cheese dishes should be served quickly and piping hot.

COTTAGE CHEESE

Scald a pan of thick sour milk over the fire, or place it in the open oven, stirring a little so it will heat evenly, but do not boil, as that makes it tough. It may be placed on the hearth or in the open oven. Then, pouring into a clean cheese cloth bag, squeeze out all the water till it is quite dry, or let drain three or four hours and do not squeeze at all. Now turn it into a basin and add a little sweet cream or melted butter and salt to taste. Either serve in a bowl or dish whole or make into little balls and serve on a platter or individually. Some add a teaspoonful or so of sugar and a suggestion of cayenne or nutmeg. It is nice served in jelly glasses. Be careful not to let the milk get too old. It is more nourishing if cream is left on the milk.

CHEESE STRAWS

One-half cup each of butter, flour, bread crumbs and grated cheese. Mix and roll thin. Flour the board well, cut in strips a finger long and one inch wide.

Lay on sheet of buttered paper and brown in oven. Very little pepper but no salt. Nice served with salad, coffee, pie or doughnuts. Very rich and to be eaten only as one would eat cheese.

CHEESE ON TOAST (Mock Welsh Rarebit)

One cup of milk, one egg (beaten), one cup grated cheese, one-half teaspoonful mustard (scant), a very little salt, dash of cayenne pepper or flavor to taste with other pepper. Put milk on in double boiler, with pinch of soda (if milk is not strictly fresh); when scalded, add egg and other ingredients, remove as quick as thick or it will curdle. Pour over platter of buttered toast and serve at once. About one tablespoonful or better is plenty on an ordinary slice of toast. Nice for supper or luncheon with creamed potatoes.

CHEESE ON CRACKERS

Grate cheese over salted wafers, put in dripping pan and heat in oven.

WELSH RAREBIT

This is usually made in a chafing dish but can be made in double boiler on any range or stove.

One cup ale, one tablespoonful butter and one-half pound or little less of cheese grated or shaved fine. Put these three in double boiler and cover. Mix dry one-fourth teaspoonful mustard, pinch of cayenne and about two teaspoonfuls celery salt. Add these with two well beaten eggs to the melted ingredients, being careful not to curdle. Prevent this by lifting the hot cheese a minute or mixing a little with the eggs first; stir well till thick, about two or three minutes. When removed, add one teaspoonful of lemon juice or Worcestershire sauce, or one teaspoonful of each. Serve at once on toast.

CHEESE SOUFFLE

Melt one ounce or about one rounding tablespoonful of butter in a double boiler; mix with it one tablespoonful of flour, a pinch of salt and cayenne; then add nearly one and one-half cups of sweet milk with a pinch of soda stirred well into it; stir constantly till rather thick, then add two cupfuls of grated or shaved cheese, one cup of bread crumbs and two beaten eggs. When all stirred together it should be soft and creamy. Add a little scalded milk if necessary or some with a tiny pinch of soda. Put into a tin or granite pan, filling only half full as it rises very light, and cover with a heated cover, if possible. Bake about twenty minutes and serve the moment it is baked, in the same dish.

The above is nice served on buttered toast from the double boiler. It may be baked in patty pans but must be served hot. This is sometimes called Fondamin or Fondue. The flour may be baked that is used to thicken it.

CHEESE RAMAKINS NO. 1

Take some pie crust or puff paste that is left over and roll out evenly. Sprinkle with grated cheese and fold, roll again and sprinkle more cheese. Fold and roll, cut with baking powder can or any desirable shape and bake ten to fifteen minutes in brisk oven. They look nicer if brushed with yolk of egg before baking. Serve hot.

CHEESE RAMAKINS NO. 2

Cut slices of bread and out of these cut rounds with baking powder can or any desired shape. Warm through in oven, butter lightly; then spread upon them the mixture like cheese souffle or cheese on toast and brown in the oven. Serve hot.

SCOTCH RAREBIT

Simply melted cheese flavored and served on hot toast.

For omelets and sandwiches, see chapters on Eggs and Sandwiches.

CAKE, COOKIES, DOUGHNUTS AND FROSTING

One doctor says pie and cake are an insult to the stomach, but as there is such a demand, I will give a few recipes, keeping as close to the digestive principles as possible.

Use either as little as possible.

Everything should be in order for cake before beginning the cake itself, and the first to be in order is one's self—the hair being fixed so no loose hairs are liable to fall, and the hands and nails clean. The kitchen table should be cleared of everything not needed and provide everything needed, measuring what should be.

Broom splints or straws can be picked from the broom while it is new and laid away for cake use in a drawer or box; a knitting needle may be used instead.

Grease the tins with fresh lard or dripping (unflavored) before starting the cake.

Eggs should be cold; if no ice-box is at hand, place them in cold water before starting cake. Only fresh eggs can be beaten stiff; waste no time trying to make old eggs stiff.

If the oven is inclined to burn on the bottom, use two or three thicknesses of paraffin paper in bottom of pan, greasing the top piece; line the sides also if necessary. A grate or some asbestos paper can be used on bottom of oven instead.

Do not melt butter used in cake. In cold weather cut in small pieces and warm a little. When cream

of tartar and soda is used, mix the cream of tartar with the flour. Do likewise with baking powder. Soda should be measured as carefully as a powerful drug. When sifting flour more than once, two newspapers are handy as it pours easily into the sieve.

To start nearly all cakes, beat the butter and sugar to a cream, then add the milk slowly, or the eggs may be added first except where beaten separately; save the whites till the last thing.

When using baking powder, work quickly, as it effervesces only once. Have the oven rather moderate at first, till the batter is heated evenly, for if too hot, it will form a crust on the outside, then the center will break through and the cake will crack open on the top. The cake will be lighter if the oven is not too hot at first.

If very particular, roll the sugar, and for very nice cake use powdered sugar. When soda is used, dissolve it in a very little luke warm water or milk or mix with the flour after some experience in cake making.

Fruit should always be rolled in flour and added the last thing. When flavoring is used, it should not be added till the last thing, though some have excellent success by adding it to the creamed butter and sugar.

Beat cake but one way, bring the batter up from the bottom at every stroke, thus driving the air into the cells of the batter instead of out. It is not necessary to beat hard but thoroughly from three to five minutes; some cakes require ten minutes. This makes a fine grained cake. For this reason a rounding cake bowl or a nice granite wash basin can be kept for this purpose; earthen or stone ware is best. It is well to remember that not all flours act alike; it requires a little more of some than others.

There are four causes for streaks in cake—poor mixing, baking too fast, baking too slow at the last, and

not baking evenly as it should. Very little practice with either wood or gas will correct this.

If the cake should be too stiff when mixed, add a few teaspoonfuls of milk; water will make it tough.

When using soda, if milk is not sour enough, add a little cream of tartar or baking powder to the flour. In using baking powder, if milk is turned a little, add a little soda to it, though the fresher the milk is the more nourishment it contains.

Soda is alkaline and cream of tartar is acid, and when a liquid is added to the two, it forms a gas, carbon-dioxide, which escapes heated or not heated; this raises the mixture. Cream of tartar is made from a substance on wine casks.

Ascetic acid is the acting substance on soda which is found in sour milk, molasses, vinegar, etc., hence, soda is always used with sour milk, about one-half teaspoonful, scant or level, to a cup.

The least amount of baking powder used the better; when eggs are used, about $1\frac{1}{2}$ level teaspoonfuls or $\frac{3}{4}$ of a good teaspoonful to a cup of flour is plenty, and when eggs are not used, use one good teaspoonful to a cup of flour.

Sour milk should not be used after it becomes watery; it is spoiled, containing poison, although the more sour the milk, the lighter the cake or biscuit. It can stand for a day or so without spoiling after it becomes thick.

Alum and other drugs should never be used; they are very injurious and affect the stomach and nerves. It is safer to make your own baking powder, (a recipe will be given), bread, etc., though the high priced baking powders are generally pure. Some cakes are made very successfully contrary to the principles.

Some, learning to cook, may get discouraged because of the first few failures, but if they will only re-

member "practice makes perfect," they will succeed in time. Keep at it till it does come right; read and re-read the principles and each time may reveal some little mistake. As everyone has on hand a supply of cake recipes, I will give but a few, both cheap and expensive. The expensive ones are meant for Christmas, Easter and anniversaries or other occasions which we all like to be as joyful and nice as we can afford.

Among the most delicate of cakes and the one least injurious to the system, is the sponge cake. Most everyone has a recipe for this, and for those who have not, I will give mine. A pinch of salt can be used in any cake.

In most of these recipes, the rounding teaspoonfuls and tablespoonfuls are meant.

SPONGE CAKE

Three eggs, $\frac{3}{4}$ cup sugar, $1\frac{1}{2}$ rounding teaspoonfuls of baking powder, 1 cup milk, 2 cups of sifted flour; flavor if desired. No shortening.

Beat yolks and whites separately. Mix half of the yolks, half of the sugar and all of the milk a little; then put in half of the flour, which has been well mixed with the baking powder, and mix a little more; then the other half of the ingredients, mixing a little, and last the whites; beat lightly about two minutes and bake in a dripping pan, or bake in two layer tins and put jelly between. Mix the jelly in a bowl with a spoon till it is of a consistency to spread. Some add hot water, about one-half a cup, to the cake at the last, to make it bake more evenly, but I prefer getting the oven just right. Avoid getting it too hot and still hot enough. This cake is only nice the same day it is made. The next day it can be used with whipped cream and jelly or a little cheap pudding sauce, for dessert, (Charlotte russe). Nice for layer jelly cake

or rolled jelly cake if hot water is added. When baked in the dripping pan, it makes a very pretty cake with chocolate frosting and hickory nuts arranged in different ways; should be inverted till cold and frosted when cold.

WHITE CAKE (Aunt Bridgid's Cake)

One rounding tablespoonful of butter, 1 cup of milk, 1 cup of sugar, 2 cups of flour with $1\frac{1}{2}$ teaspoonfuls baking powder, whites of 4 eggs beaten stiff.

Mix as any cake, adding the whites last. Bake in a rather shallow, square tin, or may be baked in two large layers. Very good.

ONE EGG CAKE

This is an all around cake for common use, very easy to make. Baked in a loaf, it makes a very nice cottage pudding for dessert, or baked in muffin tins, which I call a cottage pudding in cup form, or individual puddings served with a lemon sauce, putting a thin slice of lemon on top of each little cake; it is very nice served with other pudding sauces or baked in two layers, may be used for any kind of a layer cake, or shortcake.

One tablespoonful of butter or drippings, or half of each (lard can be used with $\frac{1}{4}$ teaspoonful of salt), 1 egg (not beaten), $\frac{1}{2}$ cup of milk or a little more, $\frac{3}{4}$ cup of sugar or less, $1\frac{1}{2}$ heaping cups of sifted flour, $1\frac{1}{2}$ teaspoonfuls of baking powder (a little less is better).

This makes two small layers. If large layers are wanted, use a whole cup of milk and nearly two cups of flour, $1\frac{1}{2}$ to 2 teaspoonfuls of baking powder; beat well about three minutes. It makes a nice loaf, flavored with cinnamon or chopped nuts or by itself.

In case of emergency, the above can be made with-

out egg, but it is not so nice, and just a very little more baking powder, milk and shortening is then needed. Two eggs seem to make it extra nice.

ROLLED JELLY CAKE

Beat yolks and whites of two eggs separately, then mix both together, add 1 cup of sugar; beat well and add 1 cup of flour, sifted, with 1 large teaspoonful of baking powder; mix and add $\frac{1}{3}$ cup of boiling water and a teaspoonful of vanilla; spread smooth and bake in a quick oven (not too hot). Spread with jelly and roll. Some lay it on a damp towel before spreading.

SPICE CAKE

Three cups of sugar, 1 cup butter, 4 eggs, 4 cups sifted flour, 2 teaspoonfuls baking powder, 1 cup sweet milk, $1\frac{1}{2}$ cups raisins (seeded) and chopped fine, 1 teaspoonful each of allspice and cinnamon, $\frac{1}{2}$ teaspoonful cloves, $\frac{1}{2}$ teaspoonful ginger, $\frac{1}{4}$ teaspoonful of nutmeg.

Mix butter and sugar a little. Break eggs in without beating, and beat about two minutes, then add other ingredients and beat about five minutes. May be spiced to taste. From start to finish the beating should take ten minutes. Very good.

CHOCOLATE CAKE

One cup sugar, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup sweet milk, 2 eggs, 2 cups flour, $1\frac{1}{2}$ teaspoonfuls baking powder.

This is nice baked in layers or baked in a loaf in a shallow square tin or dripping pan.

Filling

One-half cake sweet chocolate mixed with $\frac{1}{3}$ cup of sweet milk. Set bowl with these two in tea kettle for four or five minutes, then add yolk of one egg and

one teaspoonful vanilla, stir rapidly until thick. This filling is nice with chopped hickory nuts or filling put on top and decorated with half hickory nut meats before it hardens.

SUNSHINE CAKE

Whites of 7 eggs, yolks of 5 eggs, $1\frac{1}{4}$ cups sugar, 1 scant cup flour, $\frac{1}{3}$ teaspoonful cream tartar, pinch of salt.

Beat whites and yolks separately. Do not beat after flour is added, and mixed. Sift sugar and cream of tartar into whites of eggs (it is better to add cream of tartar to eggs when half beaten). Line pan with paraffin paper and bake forty minutes. Excellent. This is a delicate cake and most invalids can have it for a change.

BRIDE'S CAKE

One and one-half cups of sugar, $\frac{1}{2}$ cup of butter, whites of three eggs beaten to a froth, 1 cup of milk, 3 cups of flour, 3 teaspoonfuls baking powder. First beat butter and sugar to a cream, then add milk, flour and baking powder and the whites of the three eggs.

Bake in layers or in a shallow loaf tin. Put frosting between and on top.

Filling

One cup milk, 2 eggs, 2 tablespoonfuls sugar, flavor to taste. Heat milk in double boiler, add eggs and stir till it thickens, only do not allow it to curdle by cooking too long. Very expensive when eggs are high, but very good.

DEVILS FOOD NO. 1

Two cups sugar, $\frac{1}{2}$ cup butter, 2 cups flour, 1 teaspoonful soda (scant), 2 eggs, 1 cup sour milk, $\frac{1}{4}$ cup hot water, 1 square or 1 ounce chocolate.

Beat eggs, cream butter and sugar, add milk, put hot water over chocolate to melt it, mix soda with little warm water, beat all for three minutes. Bake in two layers or a loaf, in a moderate oven.

DEVILS FOOD NO. 2

Part 1—One cup of white sugar, $\frac{1}{2}$ cup of butter, $\frac{1}{2}$ cup of sweet milk, 2 eggs, 1 even teaspoonful baking soda mixed with 2 cups of flour. Mix dry and sift. Some prefer 2 teaspoonfuls baking powder.

Part 2—One-half cup of bitter chocolate, $\frac{1}{2}$ cup of sweet milk, 1 cup of brown sugar, boil this in a double boiler until thickened and then cool. Then mix 2 teaspoonfuls of vanilla, mix all with No. 1 or Part 1. Bake in three layers.

Filling

One cup of sugar, $\frac{1}{2}$ pound of figs chopped fine, boil till tender with a little water, then place between layers.

This cake will keep two weeks. Very nice.

WEDDING OR XMAS CAKE

One pound butter, 1 pound brown sugar, 1 dozen eggs, 1 pound flour (about 4 cups sifted), 2 pounds raisins, 1 pound currants, 1 pound nuts, half almonds and walnuts, 1 pound citron (or $\frac{1}{2}$ pound citron and $\frac{1}{2}$ pound mixed candied orange and lemon peel), 4 small nutmegs (grated), and cloves, mace and cinnamon enough to make a level saucerful, 1 cup brandy, 1 cup molasses, 1 level tablespoonful of soda. Mix as other cakes, with the exception that the soda is mixed with brandy and the fruit is dredged with the flour which is measured for the cake. No extra flour should be used. This makes four loaves about the size of an ordinary five-cent loaf of bread. An extra pound of

raisins, $\frac{1}{2}$ pound of figs and 1 pound dates may be added. It will then make five loaves. These make it a very moist cake. This cake costs from \$2.00 to \$2.50 in these days of high prices.

SPICE CAKES

One cup sugar, 1 cup molasses, 1 cup sour cream, 2 eggs, 1 teaspoonful soda, 1 cup raisins or currants, 1 teaspoonful ginger, 1 teaspoonful cinnamon, $\frac{1}{2}$ teaspoonful cloves, $\frac{1}{2}$ teaspoonful allspice, 1 small nutmeg, $3\frac{1}{2}$ cups sifted flour. Bake in muffin tins and frost, if desired. Currants are nicer than raisins, if washed, drained on a towel and dredged with flour. One-fourth teaspoonful ground nutmeg may be used in place of the nutmeg.

Both cookies and doughnuts can be made very successfully with the recipe for the one egg cake, using a little less shortening for doughnuts and a little more for cookies. Of course, flour is added to make a dough. Both should be handled as little as possible, and be as soft; also as quickly.

DOUGHNUTS NO. 1

One-half cup sugar, 2 well beaten eggs, 1 cup milk, 1 tablespoonful of drippings can be used or not, 1 teaspoonful vanilla, 2 teaspoonfuls baking powder.

Sift baking powder with enough flour to make a soft dough. Roll and cut, fry in deep fat.

DOUGHNUTS NO. 2 (Sour Milk)

One cup sugar, 3 tablespoonfuls melted butter, a good pinch salt, $\frac{1}{4}$ teaspoonful cinnamon or $\frac{1}{8}$ nutmeg, $1\frac{1}{2}$ cups sour milk, $\frac{1}{3}$ teaspoonful soda, 2 eggs, 1 heaping teaspoonful baking powder. Mix the above ingredients well together, then add baking powder and flour. Make as soft as you can handle.

CREAM COOKIES NO. 1

(With cocoanut)

Beat until light 3 eggs and 1 cup of sugar; to this add $\frac{3}{4}$ cup of cocoanut, add 1 cup of sweet cream, 1 teaspoonful salt, 3 cups of flour, sifted, with 3 teaspoonfuls of baking powder. Mix well, set away about an hour, roll out and sprinkle with sugar and cocoanut to about $\frac{1}{4}$ inch thick.

COOKIES NO. 2

Three cups flour, 1 cup butter or lard, 1 cup sugar, a pinch of salt, 2 eggs, 3 tablespoonfuls sour milk or cream, 1 teaspoonful soda, vanilla to taste. Mix flour and shortening well as for pie crust. Stir the other ingredients, which have been beaten together, into the butter and flour. Just think of pie crust and these will be a grand success. (Excellent).

FROSTINGS

There are three kinds of sugar used in making frostings and fillings—granulated, powdered and confectioners'.

The granulated moistened and boiled just a little, and mixed with either of the other two, makes a cheap frosting.

For the boiled icing the granulated is used.

With the powdered sugar, milk, cream or white of egg makes a nice frosting.

With the confectioners' sugar, water alone is sufficient. Spread on and when it hardens, spread on another coat and so on till thick as desired. If decorations are to be used, decorate while soft. Raw hickory nuts are a delicious flavoring as well as decoration in almost any frosting or filling. A little practice will make any of the following perfect.

The confectioners' sugar simply wet with white of egg and mixed with different things, as chocolate, etc., molded into little cakes and nuts put on top while soft, makes many varieties of choice candy, such as chocolate creams, walnut creams, etc.

BOILED ICING OR FILLING

One cup granulated sugar, $\frac{1}{4}$ cup boiling water, or little better, white of 1 egg, $\frac{1}{4}$ teaspoonful of cream of tartar.

Boil water and sugar together till it spins a heavy thread, which only takes about five minutes. Add cream of tartar to the beaten white and pour boiling sugar over it slowly with the left hand while the right hand is constantly stirring it till it thickens. Flavor to taste or nice without flavoring. It may be well to let sugar cool just a trifle before pouring. This is for a small cake. For a large cake, double this recipe. If boiled too much, frosting will be too hard, then add a little thin sugar syrup; if not boiled enough, and too soft, add a little confectioners' sugar.

BOILED ICING WITH CHOCOLATE

One cup of sugar, $4\frac{1}{2}$ tablespoonfuls of water, 2 ounces chocolate (2 little squares), (this can be easily measured when you consider 8 ounces to $\frac{1}{2}$ pound, about 4 good tablespoonfuls); whites of 1 or 2 eggs, according to size of cake.

The process is same as above recipe, only add the filling to the chocolate slowly, which has been grated or scraped very fine, and in a warm bowl on back of range or set in warm water. Vice versa, the melted chocolate may be added to the filling or mixed with the boiled sugar before pouring over the egg.

BOILED FROSTING (for two large cakes)**(Delicious)**

One large cup granulated sugar, 4 tablespoonfuls hot water, whites of 3 eggs, 1 cup of hickory nuts chopped fine.

Moisten the sugar with the hot water and boil briskly for five minutes or until it spins a thread or feathers, as some say. Have whites of eggs beaten stiff, and with left hand pour the boiled syrup in a slow stream upon the whites, beating with the right hand all the time. Add nuts. One-half cup of peanut butter or almond paste can be used instead of nuts, but the nuts seem to tickle the palate. It is an excellent frosting without anything added, and never fails.

POWDERED SUGAR FROSTING

Allow one heaping teacup of powdered sugar to the white of one egg. Beat the whites just a little till beginning to foam; the old hard method is exertion for nothing. Add the sugar all at once or gradually, as considered easier to mix; when mixed, it is ready for use; flavor if desired. It is well to fill the cake as soon as taken from the oven; the outside can be frosted when cold or nearly so. One egg will frost a good sized cake. This frosting can be completed in ten minutes.

CONFECTIONERS' SUGAR FROSTING

Can be made like the above, or simply made with cold water, milk or cream, lemon juice, strong lemonade, etc. It will mix easier if the sugar is rolled first. The sugars can be mixed (powdered and confectioners'). Cocoanut frosting is better with another layer of plain frosting over it.

COLORED OR ORNAMENTAL FROSTING

For yellow frosting, use yolk of egg instead of white. Either of the above may be used for ornamenting a chocolate or boiled icing, by making a paper funnel and putting the frosting in it. Squeeze slowly so it will run in little fine lines. Follow any little simple design, as Grecian border, leaves, wheels, beads, etc. Cut designs from papers or magazines and use for a pattern, transfer to pasteboard first, and cut out with a pocket knife. Grated orange or lemon peel or fruit juice from canned fruit, can be used to color. Do not use white of lemon or orange, simply the yellow. For more elaborate decorations, little things can be bought at confectioners or grocers.

AN EASY AND EXCELLENT FROSTING

Take a cupful of powdered sugar and add sweet milk, a teaspoonful at a time, stirring the sugar and adding the milk till it is about right to spread on the cake. It breaks when it is ready. Flavoring, chopped raisins, nuts, a little melted chocolate slowly added, sliced bananas or any desired fruit or flavoring may be added. It is very nice without any flavoring.

CARAMEL FILLING

One and one-half cups lightest brown sugar, $\frac{1}{2}$ cup white sugar, 1 cup sweet cream, butter size of walnut, vanilla, chopped nuts or raisins. Boil till it forms a soft ball when dropped in cold water. Beat.

FIG FILLING

One pound figs, chopped, one cup sugar, one cup water. Boil slowly a few minutes.

APPLE AND CINNAMON CAKE

Bake a little one egg cake in a shallow loaf tin or deep layer cake tin and spread over the batter sliced apples, sugar and cinnamon. Use as cake or dessert with some simple sauce. It is simply an inverted bird's nest—Children's delight.

AN APPROXIMATE TABLE OF WEIGHTS AND MEASURES

- One cup of flour, 4 ounces (sifted) equals $\frac{1}{2}$ pint.
Four cups of flour, 1 pound (sifted) equals 1 quart.
Two cups of powdered sugar equals 1 pound (granulated also).
Three cups (breakfast) of sugar, 1 pound granulated, equals 1 pint.
One cup brown sugar, $6\frac{1}{2}$ ounces.
Two cups brown sugar, 13 ounces, equals 1 pint.
One cup suet, 2 ounces, (very light), (shredded).
One solid pint chopped meat, 1 pound.
One cup chopped meat, $\frac{1}{2}$ pound.
One cup butter, $\frac{1}{2}$ pound (packed).
Four teaspoons equal 1 tablespoon (liquid).
Eight teaspoons or 2 tablespoons equal 1 ounce.
Sixteen ounces, 32 tablespoons, equal 1 pound, equals 1 pint of liquid; (not true of all liquids); a half pint bottle is 8 ounces.
One-half cup equals 8 tablespoons, equals 2 wine glasses, equals 1 gill.
Four tablespoons equal 1 wine glass, equals $\frac{1}{2}$ gill.
Two cups or 4 gills equal 1 pint.
Two pints equal 1 quart.
Four quarts equal 1 gallon.
Three cups ($1\frac{1}{2}$ pints) cornmeal, equal 1 pound.
One-fourth cup of rice, raw, makes 1 cup cooked.
One tablespoonful of salt equals 1 ounce.
One tablespoonful of butter, well rounded, equals 1 ounce.

One tablespoonful of corn starch equals 2 of flour for thickening.

One notched square of Baker's chocolate is 1 ounce or about 2 rounding tablespoons when grated or scraped.

Ten ordinary sized eggs equal 1 pound.

An ordinary tumber equals 1 coffee cup, equals $\frac{1}{2}$ pint.

About 25 drops equals 1 teaspoonful (not true of all liquids).

CEREALS

They are very good for both breakfast and supper.

The cooked cereals have better flavor if allowed to boil on stove in inside boiler first for ten minutes, then set into outside boiler and cook slowly, using cozies. They should all be steamed at least one hour, though longer does no harm; four hours makes oatmeal good, eight hours better and twelve hours best. Use fireless cooker all night.

Any of the boiled cereals are nice made thickened and fried next morning. Eat with syrup. If any is left over, it can also be fried. Steam one or two hours before pouring to set for frying. Grape nuts put in the oven and warmed, will make them more digestible. They can also be served by first putting a little hot water on them, then cream. The ready to eat cereals should always be carefully closed after using from the package, or they will lose their crispness.

The only two cereals which have gluten are wheat and rye. The ready to eat crisp foods are nice with sliced bananas or other fruit. They are not so nourishing as the home cooked cereals.

CREAM OF WHEAT

These four recipes are meant for a five pint boiler. Fill within $1\frac{1}{2}$ inches of top of boiler, with boiling water, add $1\frac{1}{2}$ teaspoonfuls salt. Stir in $1\frac{1}{3}$ coffee cups of cream of wheat, slowly. Stir till thick, cover up snugly with cozy and let steam twenty to thirty minutes. Better flavored if boiled in inside boiler on stove for ten minutes first. Very wholesome. Must be thicker for frying.

RALSTON'S

Same rule, only use almost two cups of the meal.

CORN MEAL

Same rule, except 2 teaspoonfuls salt, $1\frac{1}{3}$ cups meal and if for frying, stir in a teaspoonful or so of sugar to make it brown quicker. If more than $1\frac{1}{2}$ cups are used, it will boil over on stove. Better if steamed one hour or more. This corn meal recipe is meant for fried mush cooked in a quart double boiler, or a thin porridge in the 5 pint boiler.

Oat meal requires 2 teaspoonfuls salt and 3 large coffee cups of Saxon Oats. Different oat meals require a different amount.

Any of these makes a nice, wholesome dish for supper, occasionally as does any porridge. Hominy is often used in place of cereals or boiled rice. Boil same as rice, only steam much longer.

DRINKS

The three beverages most commonly used are tea, coffee and cocoa. In composition tea and coffee are nearly alike, theine being the active principle of tea and caffeine of coffee.

The Bromine is the acting principle of chocolate. Chocolate is made by grinding the seeds of the cocoa palm and mixing with starch and sugar, the most nourishing of all drinks containing from 45 to 50 per cent of the fats and about 16 per cent of the proteids. It is not only valuable as a drink but for many tempting dishes. Excellent for nervous, thin children, though they should not be allowed enough to injure digestion. One of the little notched squares in Baker's chocolate is one ounce. Good rules for making cocoa or chocolate are found on all packages. Some like it less strong than the rules given. Very good sweetened with brown sugar; flavor with vanilla when about to remove from the stove, very good used as a flavor for hot milk and egg-nog. Chocolate is sometimes adulterated with starch and sugar. Un-ground coffee is not adulterated very much, while the ground coffee is often not coffee at all, being a mixture of acorns, peas, corn, etc.

Tea is green or black according to the method of drying or curing, green being dried quickly while the black is thrown in a heap to ferment before finishing.

Tea	$\left\{ \begin{array}{l} \text{Theine,} \\ \text{Tannin,} \\ \text{Volatile Oil,} \\ \text{Very little starch} \\ \text{or albumen.} \end{array} \right.$	Coffee	$\left\{ \begin{array}{l} \text{Caffeine,} \\ \text{Tannin (not so much} \\ \text{as in tea)} \\ \text{Volatile oil in roasted} \\ \text{coffee produced by} \\ \text{heat.} \end{array} \right.$
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Tea is adulterated with poor varieties; green tea is tinted sometimes, with indigo and gypsum, to color black

tea graphite is often used; leaves of willow and other trees and shrubs are also used for adulteration. A good cup of coffee costs about twice as much as a cup of good tea. Both tea and coffee produce sleeplessness in invalids, children and nervous people, owing to the volatile oil acting as a stimulant.

TO MAKE TEA

Use a china, earthenware or silver teapot or better still, use two which have been heated by filling with boiling water before the tea is made.

For an ordinary quart teapot, place 1 to 2 heaping teaspoonfuls of tea in the hot teapot and pour the boiling water on the minute it boils, then let stand from three to five minutes on back of stove. (Never allow it to boil). Pour or strain immediately into the other hot teapot or cups.

If ice tea is wanted, pour immediately on to the sugar, allowing about $1\frac{1}{2}$ teaspoonfuls of sugar for each person—cover and when cold, set in the ice box or cellar. Iced tea or often times hot tea, is nice served with a slice of lemon.

The use of milk in tea should be avoided as it precipitates the tannin and forms a compound difficult of digestion. This same element of milk is found in other foods so that consequently if tea is taken at all, it should be taken alone or with just a light wafer, between meals. This is true of coffee, but not so marked. Very careful attention should be paid to the making of tea—never let the grounds stand in it more than five minutes as it draws out too much of the tannin.

ARMY COFFEE

Coffee does not give up its tannin so easily as tea and hence can stand boiling.

The old rule for making coffee is a tablespoonful for

each cup and one for the pot, and boil fifteen minutes. This makes a very, very strong coffee. In the army it is put in a cheese cloth sack put over with cold water, brought to a boil, and let boil five minutes. Half the amount is very good with the same method without the sack, and the cheapest method.

Most common way, but rather expensive

Take the same amount, (one tablespoonful to cup, etc), or half if desired, mix with a little egg and cold water. Pour a little boiling water on and let boil moderately for fifteen minutes, put on the rest of boiling water, let stand to settle about three minutes and serve.

The French drip method, though the best flavored, is too expensive for every day use. The coffeepots with the inside part perforated, make an excellent coffee. The grounds can be removed the minute the coffee is made which should always be done if to stand any length of time.

Pretty cozies can be quilted or padded to keep tea and coffee warm on the table.

COFFEE FOR AN INVALID

Put a little over a tablespoonful of coffee in a warm bowl, pour boiling water on, cover with saucer and let stand two to five minutes, strain into warm cup and drink clear, if they can, or disguise a raw egg beaten and let them sip it in a rather dark room. Do not boil.

NOURISHING DRINKS

These are intended for the sick, also for between meal lunches for well people who have to work extra hard and need to keep up their strength.

Solid food should not be eaten between meals, but nourishing drinks may be taken.

The one thing about these lunches is they should be taken at the same hour every day, not later than ten in the morning for those having dinner at twelve, nor eleven for those having dinner at one, nor later than four or five in the afternoon, according to time of evening meal. Though wine and liquors are given as flavorings, they are not recommended; the recipes may be used as foundations using other flavors or none at all. One learns to like the plain.

ALBUMINIZED MILK

One-half cup milk, white 1 egg, put both in a shaker, shake well and serve at once. If lemon juice is added, use it slowly or it will curdle.

ALBUMINIZED WATER

White of 1 egg, 1 cup cold water, 2 teaspoonfuls lemon juice, 1 or 2 teaspoonfuls of sugar, (better for system without sugar). Break the egg a little and put all the ingredients into a covered jar and shake till blended thoroughly. If it is cooled on ice it must be shaken again as ingredients separate. Use good, pure water.

KOUMYSS

One quart milk, 1 yeast cake, $1\frac{1}{2}$ tablespoonfuls sugar, 1 tablespoonful luke warm water to dissolve yeast cake.

Heat the milk until luke warm, add sugar and yeast cake. Fill beer bottles one and one-half inches from the top, cork and invert. Tie corks firmly. Let stand for six hours inverted in a temperature of 80 degrees. Chill and serve the following day.

LEMON WHEY

One cup hot milk, 1 small lemon. Heat milk in double boiler, add lemon juice, cook until curd separates. If strained by pressing whey from curd, a

larger amount passes through. When strained, add 1 teaspoonful sugar. Serve hot or cold.

WINE WHEY

Should not be used only under orders of conscientious doctor and then only as few times as possible.

One cup boiling milk, $\frac{1}{2}$ cup sherry wine, 2 teaspoonfuls sugar. Pour the wine into hot milk and allow to stand about three minutes or until the curd separates. Strain and sweeten to taste. Serve hot or cold.

EGG BROTH

One egg, salt (one pinch) 1 teaspoonful sugar, 2 cups of hot milk. Beat the eggs, add the salt and sugar, pour the hot milk slowly over it. Serve immediately. One cup of milk may be used. It is well to put a tablespoonful of cold cream in the milk before pouring over egg.

RENNET

(Junket tablets may be used instead. Ten cents a box at druggists.)

One quart milk slightly warmed (about 100 degrees or less) and sweetened, 1 tablespoonful rennet. Stir just enough to mix thoroughly. Serve with cream, sugar, jellies or preserved ginger. Makes a nice dessert for dinner. Served as whole in mold or set in custard cups. If milk is too warm or stirred too much, it will curdle.

COLD EGG NOG

One egg, pinch salt, sugar, $\frac{1}{2}$ cup milk, brandy or wine. Beat the egg, add the milk, sweeten to taste and add 1 tablespoonful of brandy. One cup of milk may be used or $1\frac{1}{2}$ cups. Brandy should only be used if a stimulant is needed. Cinnamon, nutmeg, or other flavorings are

better for everyday use. Strain for fear of serving the stringy part of the egg.

HOT EGG NOG

Yolk of 1 egg, 1 cup hot milk, 2 teaspoonfuls sugar, pinch salt. Beat the yolk of the egg, add the sugar, pour the hot milk over them and flavor as desired. If wine or brandy is ordered, use 1 tablespoonful. The whole egg can be used or the white may be browned on the top in the oven to tempt and surprise the invalid.

EGG CORDIAL

White of 1 egg, tablespoonful brandy, tablespoonful cream, 2 teaspoonfuls sugar. Beat the egg but not to a stiff froth. Add the cream and beat them together, then add the brandy and sugar. Sugar syrup may be used to sweeten it.

COOKED EGG NOG

Boil milk and beat yellow of egg, pour over it the hot milk. Return to stove in double boiler, when thick and cool, add sherry wine and white of egg. Add sugar, while hot and use other flavorings if desired. Wine should be warmed a little.

LEMON EGG NOG

Mix sugar with lemonade and pour over the above egg nog, then add the white well beaten and shake in a shaker. Leave out milk.

HOT WATER EGG NOG

Make like any egg nog, using $\frac{1}{2}$ cup of hot water instead of milk.

PHILIP'S COCOA

Four even teaspoonfuls cocoa, $\frac{1}{2}$ cup boiled water, a little cold water, 1 cup scalded milk. Mix cocoa with a

little cold water, add to boiling water, boil one minute, then add scalded milk and beat one minute, beat with Dover egg beater. The froth formed prevents scum which is so unsightly. One may use less cocoa and instead of blending with cold water mix very little flour and a teaspoonful of sugar with the cocoa. Add a suggestion of salt. Sweeten and cream same as tea or coffee. Cocoa may be used instead of chocolate for pies, puddings, etc. in the same manner as a simple pudding sauce.

OATMEAL GRUEL NO. 1

1 quart boiling water, 1 to 2 teaspoonfuls salt, 4 tablespoonfuls rolled oats. Put all ingredients in upper part of double boiler, cook over fire for one hour or more, strain, add milk and serve. It may be cooked in ten minutes or two hours, the longer the better the flavor. A tiny bit of butter, sugar and cream adds to flavor.

OATMEAL GRUEL NO. 2

Two tablespoonfuls rolled oats, cold water, $\frac{1}{4}$ teaspoonful salt, 1 pint hot milk. Mix oatmeal and salt, add enough cold water to moisten. Add hot milk and cook in double boiler for one hour or more. Strain.

OATMEAL GRUEL NO. 3

Two-thirds cup coarse meal, 1 teaspoonful salt, 1 pint cold water, milk, cream. Pound out meal till mealy, add $\frac{1}{3}$ of the cold water, stir well, let settle. Repeat twice using remaining water. Boil the meal water ten minutes, season with salt, dilute with milk and cream, strain and serve. Delicate, more expensive than others and less nutritious.

INDIAN MEAL GRUEL

Two tablespoonfuls Indian meal, 1 tablespoonful flour, $\frac{1}{2}$ teaspoonful salt, cold water, 3 cups boiling water,

milk or cream. Mix meal, flour and salt, add cold water to make thin paste, add to boiling water and boil gently one hour, dilute with milk or cream. A richer gruel can be made by using milk instead of water. Cook three hours in double boiler.

CRACKER GRUEL

Eight tablespoonfuls powdered crackers, $\frac{1}{2}$ teaspoonful salt, 1 cup boiling water, 1 cup milk. Mix salt with crackers, add these to milk and water, and cook for a few minutes, strain and serve with milk and salt if needed.

BARLEY GRUEL

One cup boiling water, cold water, 3 teaspoonfuls barley flour, 1 cup milk, $\frac{1}{4}$ teaspoonful salt. Mix barley flour with cold water to make paste, add to boiling water and boil fifteen minutes, then add milk and season. Re-heat and strain.

RICE GRUEL

One ounce (2 tablespoonfuls) ground rice, 3 of milk or water, speck salt. Mix like simple oatmeal gruel, cook fifteen minutes or more. Sugar, wine or brandy may be used if prescribed. Use in bowel complaints.

ARROW ROOT GRUEL

One cup boiling water, 2 teaspoonfuls Bermuda arrow root, cold water, salt. Mix arrow root with cold water to form thin paste, add boiling water, cook ten minutes, season; use cream if desired. Arrow root is the purest form of starch.

FARINA GRUEL

Two cups boiling water, 1 cup milk, 1 tablespoonful farina, 1 egg, cold water, $\frac{1}{2}$ teaspoonful salt. Mix farina

with enough cold water to form a thin paste, add boiling water, boil thirty minutes, then add milk and reheat. Beat egg and add to gruel, season and serve.

FRUIT DRINKS

Most drinks should be strained for the sick. A little piece of ice adds much to the flavor of all fruit drinks.

LEMONADE (Plain)

Use about $\frac{1}{3}$ of a lemon and 2 teaspoonfuls of sugar to a glass of water. The peeled lemon and sugar are pressed together with wood potato masher and water added. With the lemon squeezer it takes about $\frac{1}{2}$ a lemon to a glass; lemons differ in amount of juice. The water should be measured with a glass.

FRUIT DRINKS

Canned fruit juice diluted and flavored with orange juice or sliced orange, lemon or pineapple and ice added are very refreshing.

ORANGE ADE

Made like lemonade only more juice and less sugar, nice flavored with lemon. In strawberry season, crush strawberries, strain and sweeten. Flavor and dilute if necessary. Persons suffering from hay-fever should avoid strawberries. For the other nourishing liquids or semi-liquids, see soups and desserts.

BONNY CLABBER

Set skimmed milk in tumblers or a glass dish in a very clean place to thicken, then sprinkle with cinnamon and a little sugar. It is nice for a change (ice-cold). Eat with a spoon.

CANNING

For people who live in the country, it is cheaper to can your own fruit and vegetables. In the city it is well to have some cans on hand as often you can buy fruit and vegetables very reasonable from the peddlers, and oftentimes nice and fresh. By putting up a basketful now and then, you don't realize how soon you have a nice supply in the basement which must be very cold. Where there is a furnace, there should be a little room remote from it, for cold storage. Most things keep well in a cool, dark cupboard or pantry.

For people who have little time, it is good that those things can be bought, but the home canning is the best. However, it is not wise to put all the money you have for fruit into canning, let half or a reasonable amount be used for the fresh fruit while it is in season, and let the family have the benefit of it while it is in season. Some people do too much canning and deprive themselves of the fresh fruit, while others don't do enough. Even under the pure food laws the home canning is the best.

Refrain from the use of acids and preservatives. The stomach and other organs are a far greater loss than a spoiled can of fruit occasionally. However, neither fruit nor vegetables will spoil if you are particular about your cans and place of keeping. The cans should be washed and rinsed with very hot water, that is, sterilize them, cans, covers and rubbers. It is well to partly prepare them the day before. Put on cover and rubber, having a little hot water in the can and turn upside down to see if can is safe. Sometimes there is a flaw in either

the cover or the can; if it is the cover, try another one, and if the can has a flaw in it, seal with a little roll of putty when the can is full and nearly cold; the putty must be well pounded or molded in the hand, pressed on firmly and pressed again after can is cold. It can be removed by tapping a small sewing machine screw driver with a tack hammer without injuring the can or cover. It is almost impossible to buy a dozen jars without a flaw and it is very easy to crack them at the top when tightening. Tighten very slowly, especially the two quart cans. Only those with flaws need to be sealed with sealing material. Paraffin is excellent and when melted can be put on with a little brush made of toothpick and cotton; it can be saved when can is opened and used again next year. Some use a bar of common laundry soap for sealing. Screw down tops immediately after filling, though it does no harm to let fruit shrink a few minutes and fill with boiling water or syrup. When opening a can sealed with paraffin, stick in warm water or set in oven just a minute. If using a steel range the cans can be heated on back of range, if gas, put the cans in pan of hot water. If stoneware is bought for canning purposes be sure that it is well glazed or poisonous goods may be the result. (Lead is used in some glazing, beware of it.) For things requiring long cooking, use fireless cooker over night and simply reheat in the morning before canning.

In putting up small quantities at a time, a teaspoon makes a better measure than a cup, that is if one has material enough for, say two bottles of catsup. Twenty teaspoonfuls of sugar heaping, makes a common breakfast cup and eight teaspoonfuls of salt make a half cup. One of the common baskets used for grapes, peaches, etc., is equal to about half a peck, when heaping full. A small milk pitcher is good for filling the cans or a wide mouthed funnel can be made of paraffin or writing

paper. Rusty dippers and cooking utensils should be avoided. Silver and porcelain are best. Keeping depends on sterilization and sealing. Everything should be sterilized, even the hands should be rinsed after in sterile water while canning. Sterilizing may be done by either baking or boiling, rubbers should be scalded in a separate utensil.

Both fruits and vegetables should be selected carefully, being fresh as possible and not too ripe; blemishes and bad spots should be removed. Also select the best granulated sugar, as the cheap is adulterated to a great extent with glucose and other things. All tough fruits and vegetables may be parboiled three to five minutes in baking soda water.

It is very convenient when peeling, to keep a wet sterile cloth near, as the knife discolors so and should be wiped very often, or use a thin, sharp silver fruit knife.

Both the best flavored and best keeping things are put up without peeling, which is economical and also a very good method when pressed for time. The down on peaches can be removed with a coarse towel or a rather stiff brush. Pineapples are easier peeled if first cut in circles and then peel the circles.

The cans should be filled where it is warm and excluded from draft and the cold air, and when taken from the stove should be set on something warm; if desired, they can stand a few minutes for fruit to shrink, then fill to overflowing, with the hot syrup or boiling water from the teakettle, then seal and invert. The covers should be heated as heat expands, and some give the cover an extra twist after can is cold. I never disturb the cover after can is cold, for after the can is inverted the syrup settles in between the cover and can and makes a fairly good seal. Give an extra twist just before cold.

On opening, if any mold appears, remove very carefully or flavor of mold will go through the fruit, also carry

from the cellar very carefully. The same method of canning one kind of fruit or vegetable, applies to almost all kinds with a few exceptions, as corn. Corn is easier to can if mixed with tomatoes.

To open a can, stick a needle under the rubber, in two or three places and let the air in. Do not dent the cover or you may lose a can of fruit next year.

It is not necessary to throw away all the old rubbers, only those that are imperfect. Small fruits should never stand over night, if they have to, can early the next morning.

The place where canned goods is kept, should be very dark as the light injures the color of the fruit and in tomatoes causes the formation of citric acid. It should also be dry. Cans should be examined three or four days after filling, and if a can is found leaking at rim, this leak should be brushed well with melted paraffin. If a can has no cover or broken at the top pour a few spoons of melted paraffin on top after fruit is cold or nearly so. Melted paraffin well brushed on edge of cover will keep fruit without rubbers. Stone jars are nice for strawberries if those with the covers that set in, can be bought; they are easy to seal and keep the flavor and color of the fruit better. A tiny spider, or kettle with a little nozzle or dent on the side for pouring is excellent for melting sealing wax or paraffin.

On opening tin cans or those which have been bought, pour all the fruit or vegetable out into any kind of a dish that will not tarnish. Never let it stand in the open can, as this has caused very severe cases of poisoning.

If it is necessary to put a circle of paraffin on a large jar, brush again with paraffin around the edge after the circle has cooled and shrunk.

Glass cans and covers will last for years if carefully shed and thoroughly dried after using the fruit. Put war back on can loosely after drying in oven.

If syrup is left after canning fruit, it may be flavored with vinegar or lemon, boiled for a minute and bottled to use with ice water for refreshing drinks in the summer time. Peach skins make good syrup for table use; make in the same way as jelly.

Nothing will be said about preserves as they are so very expensive and require so much time and preparation, besides being indigestible.

PROCESS OF CANNING FRUIT

Put in a large porcelain pan or kettle, about two quarts of water and sugar, in the proportion of one cup to two cups to one quart of fruit, when finished, according to the tartness of the fruit (peaches require only a cup to a quart, while strawberries require two). Boil till a nice syrup, then put in fruit enough, say for four quarts and heat through, thoroughly pushing around very delicately with a porcelain, wooden or silver spoon so as not to break or discolor the fruit. When heated through, drop delicately into the cans (which have been well prepared, tested and heated), with pitcher, cup or spoon; fill to overflowing, screw slowly and carefully for fear of breaking and invert in a rather warm place. Avoid sudden changes of temperature or cans may crack. If a can should happen to leak or crack near the cover, seal with putty or paraffin. The same syrup may be used twice, that is for the next two or four cans, if strong enough or even more times. Let boil two or three minutes before putting in fruit the second time; add sugar if necessary. It is well to have a little extra syrup in a sauce pan for fear of running short. One can even up the cans better and be able to get out, say eight good quarts when you might only have seven and a half. If not needed it can be used on the table.

One-half cup of sugar to one quart is sufficient for mild fruits.

Strawberries are the most apt to spoil, hence have plenty of hot syrup on hand to fill the cans well. If any juice is left it can be mixed with last year's currant juice and jelled.

Cherries are hard to put up if one has not a cherry pitter. Save juice and seeds when pitting, cover with cold water; boil one-half hour and strain; use this juice for the canning, or if making pie, pour the juice thus made over the pitted cherries.

For fruits or vegetables that require long cooking, boil fifteen or twenty minutes and put in the fireless cooker over night; in the morning boil again for a few minutes and can or bottle.

Nearly all fruits may be packed into jars raw, peeled or unpeeled, covered with hot syrup sweetened to taste and boiled in the jars for half an hour or little better after the method of the canned corn. They may also be steamed or baked in the jars. Even baked squash may be scraped out of the shell and put up in this way.

CANNED PLUMS

The large plums are canned as above, except prick with a fork to prevent bursting, but the little damson and the wild plum should be boiled about three minutes in water with a little baking soda and then lifted with a wire spoon or long-handled skimmer into the syrup and proceed as above, only cook about fifteen or twenty minutes.

TIME FOR COOKING FRUITS

Those requiring five to eight minutes are, cherries, raspberries, blackberries, ripe currants, gooseberries, strawberries, peaches quartered or halved, whortleberries (blue or huckleberry), large plums, rhubarb (vegetable), and sour apples quartered, ten minutes. Those requiring twenty-five to thirty minutes are, small sour pears, whole, and Siberian crab apples.

Apples may be mixed sour and sweet. For pickling purposes, Talmon sweet apples are the best.

Siberian crabs are very nice canned whole or quartered and unpeeled, or cut out the best pieces of those used for jelly and put up with a syrup made of half vinegar and water. Excellent steamed.

Ripe currants are improved greatly by taking off the little dark ends as well as the stems, but it hardly pays for the time required to do it. They are also very nice left right on the stem and a few spices added, but must be handled very gently. For making jelly, stems may be left on, simmering the clusters just as they are. Green currants are nice spiced or are very nice canned for pies.

Canned plums are nice in winter time put in a deep pie plate lined with biscuit dough and turned over towards the center, leaving a slight opening and baked in rather hot oven.

CANNED GRAPES

Separate skin from pulp after washing well; put skins in the preserving pan or kettle which contains a little hot water or syrup to start them and put the pulps in another kettle and boil about five minutes, then strain on to the skins and rub well through the gravy strainer. This removes all the seeds very quickly and easily. Add sugar (say if going to have five quarts of fruit finished) about nine or ten cups. Boil all together slowly twenty or thirty minutes and can. Excellent mixed with elderberry, using less sugar. Cook the elderberry with the pulp and strain.

SPICED GRAPES

Very rich and keep well as jelly. For a ten pound basket of grapes, use 10 pounds of sugar, 1 cup of vinegar, 2 teaspoonfuls of cinnamon, 2 teaspoonfuls

(scant) of cloves, 1 teaspoonful allspice, $\frac{1}{2}$ teaspoonful of ginger.

Separate pulp from skin as above and boil pulp about five minutes, then rub through a gravy strainer or flour sieve. Mix all together and boil slowly till it jells (about twenty minutes or better). Put up in glasses as you would jelly. The ground spices are meant. Gooseberries, crabs, black currants, etc., may be spiced nearly the same, leaving out the vinegar or using very little.

CANNED TOMATOES

Canned tomatoes are the most valuable for they can be used for so many purposes, as gravies, soups, etc.

Select tomatoes just ripe or nearly ripe, but not over-ripe. Pour scalding water over them and let stand about a half minute, covered, then drain off water and put on a dipper or two of cold water to cool them, then skin, cutting off blemishes and digging out the little green part where stems join. Put in preserving utensil with good round teaspoonful of salt to each quart, or for four one quart cans, three teaspoonfuls is a good proportion. Break a few of the tomatoes for juice to start the boiling. Boil moderately till tomatoes are well heated and quite soft, stir lightly two or three times, not breaking the tomatoes more than can be helped, then with a wire spoon or silver fork, lift all that can be lifted into the heated jars which should be nearly three-quarters full. Now take the remaining juice and press through a gravy strainer or flour sieve, into a kettle with a nozzle, keeping both kettles on stove while doing this, then stir and pour into the cans, filling to overflowing. This method removes about half or more of the seeds. Then follow directions at the beginning of this chapter, for the care of cans. If pressed for time, start with a little salted boiling water, and after wiping carefully, cook skins and all, breaking the large ones so as to get them in the can.

When the time comes to use them, the skins can easily be picked out with a toothpick or silver fork. No harm is done if a few do stay in. Many recipes will be found throughout the book for the use of canned tomatoes. If any juice is left, season and boil down for catsup.

STRING BEANS

(The corn recipe may also be used for these, filling the cans with cold sterile water after packing.)

Simmer for about a half hour if beans are very tender or two hours if tough, in slightly salted water and follow rules for care of cans. The tough strings should be removed. Parboiling for about five minutes in baking soda water before putting in the salted water, removes the beany taste.

Soaked all night in salt water, then cooked in another water till tender, then lift into the fruit cans and cover with a hot syrup of half water and vinegar, a little sugar and mixed whole spice. Let stand 24 hours. Drain and reheat syrup or use fresh.

CORN

Either for canning or cooking use as quickly after picking as possible, as it loses its sweetness.

It is most difficult to can and yet easy after a little practice. It is cheaper to buy the best grade by the dozen if one has to buy it. Sterilize jars, covers and rubbers (rubbers must be new). Cut corn from cob raw and pack into jars as tight as it can be packed, using a pounder of some sort, then put on rubbers and covers and tighten well.

Put three or four thicknesses of old white cloth in the bottom of the wash boiler or very large kettle, cover cans well with cold water after placing in boiler (pack any way) and boil steady for four hours. (Fuel may be saved by covering the boiler with cozies or old towels and lower gas.) Then lift and tighten again. Let get cold

and wrap each can well with newspapers; pack tightly in box and put in cellar. It is not so white as the bought canned corn, but is delicious. Merely heat and season with a little milk when ready to eat. Be sure to turn the filled cans of corn upside down and rub edge of cover where it fastens with soap (softened by heat) or putty, or use paraffin (if paraffin, put on while hot and again when cold), as it must be absolutely air tight. It takes about 15 to 18 ears to fill a one quart can. This is a safe method for nearly all vegetables.

SAUERKRAUT

Cut the cabbage fine, with potato or cabbage cutter, leaving out the stump, using a stone crock, highly glazed to pack it in. First put in a layer of common, coarse salt over the bottom of the jar, about one-quarter of an inch deep, then a layer of cabbage five or six inches deep, then a couple of tablespoonfuls of salt, packing each layer *firmly* with a potato masher (wooden), each time. Repeat the process until within six inches of the top, then adding the two tablespoons of salt at the last, covering the whole with two or three layers of large cabbage leaves, using a white cloth doubled two or three times over the cabbage leaves, and weighing the whole down with a heavy plate and a good sized clean rock. Keep skimmed carefully.

Care should be taken not to use too much salt, as this prevents fermentation. Likewise, every time kraut is taken out the cloth must be rinsed and plate and stone thoroughly washed in clear water. This takes the place of skimming. Very good cooked with spare ribs, beef, bacon, frankforts, a little salt pork or by itself, flavored with butter or dripping. Very nice raw. Do not wash.

BOTTLED CIDER

Take good, sweet cider, or wait till it just begins to ferment. Put on the stove, skim thoroughly while heat-

ing to remove all pumice, heat to boiling point, but it must not boil. Pour in bottles or jugs and seal while hot. Two or three raisins in each bottle or jug flavor it nicely. Good for colds.

Raw cider may be bottled after racking once a week for four weeks; seal well and lay bottles on their sides in sawdust. Never use preservatives. Avoid them as you would patent medicines and soothing syrups.

RED CABBAGE

Cut fine and sprinkle with salt; let stand for forty-eight hours. Drain and pour over it hot vinegar, flavored with black or white pepper; some add a little ginger. Seal if put up to keep.

Red cabbage is nice cut up fine and stewed two hours very slowly in a little vinegar and dripping. Season and serve.

CITRON

Boil citron which has been peeled and cut in dice or small pieces in water with a little salt, for about one-half hour, then drain and put into syrup as other fruit, and boil till tender or rather transparent. Flavor strongly with sliced lemon or to taste.

WATERMELON

Can the same as citron, excepting ginger root flavors it better than lemon and very little of it. The rind of ripe melons only is used, removing all green parts and cutting in pieces two or three inches long. Boil only about five minutes in a very weak solution of salt water, then proceed as with citron, or steam and cover with hot syrup.

APPLE BUTTER

This is simply made by boiling down sweet cider and apples. Children like it on bread. It is a nice sauce for supper and often serves as fruit for breakfast. It can be

kept in stone jars. Cheap and saves butter, though not a good substitute for butter unless used with meat, as the system must have its proper amount of fat.

JELLIES

All jellies are made by the same method or rather can be made the same way. It is easier to make jelly in clear weather than on a dark and cloudy day; it thickens better, often it will not jell till the next day. A little vinegar added will help to thicken. The fruit should not be so very ripe and the skins are the necessary part. Peach skins can be mixed with apple skins and make a very good jelly.

PROCESS

Large fruits may be quartered; currants and grapes may be boiled, stems and all; Siberian crabs are excellent for jell and should be cooked to a mush. Wash the fruit very clean and have preserve pan very clean; white porcelain is preferred. Put enough water on fruit to keep from burning. Boil till quite juicy. Put into a very clean cheese cloth bag and place so it will drain, where there is no dust. If jell is wanted very clear, do not press bag, but remove the juice and use another receptacle, then press bag to make a second quality of jell which is not so clear if desired. This bag may be left to drain all night. Put juice on stove and let boil ten minutes, then add sugar and boil ten minutes more. Put in glasses. All bad in the fruit should be removed. One pound of sugar to a pint of juice is a nice proportion which is about pint for pint, which is better measured. Some fruits if juice is boiled down a little, do not require quite this much sugar. It is always best to test the jelly by dropping a little on a very cold saucer. Too long boiling makes jelly tough and leathery. A few of the peach stones

added to peach jelly flavor it nicely. A jelly rest for draining the bag may be made with four pieces of wood to stand up straight, and then four to cross the top, nailed to the others. The bag can be fastened to the four at the top so that fruit can be poured in with little trouble. Three strips of each will do instead of four.

The covers of jelly glasses may be lined with paraffin paper.

WILD CRAB APPLE JELLY

There is something about the flavor of this jell that makes it a favorite with everyone. The crabs can be put in the cellar and jell made as it is needed in the winter. It is made like other jelly excepting that the crabs are nasty, gummy things and can be washed with warm suds and then parboiled a few minutes in baking soda water to thoroughly clean and remove some of the awful bitterness from the skins. Then put on in clean water to boil and proceed as with other jells.

A few of these wild crabs mixed with Siberian crabs, make a very nice jell.

JAMS AND MARMALADES

Jams are usually made from blackberries, currants, raspberries and strawberries, while marmalades are made from the more firm fruit, as pineapples, peaches, apricots, etc. Both require almost constant stirring.

For jam some wash the fruit first and add about 1 large coffee cup of sugar to 1 pint of mashed fruit. Boil the fruit about twenty minutes before adding sugar, then boil till it stays together on a cold plate without any juice gathering around it. It should look dry.

Small stone jars are nice for it and should be sealed and secured as any fruit. Writing paper dipped in white of egg is an old fashioned way of sealing and one that is very good. The white of egg acts as a glue and if put on twice on each jar, it is pretty safe. Some dip a piece in brandy and cover the top before sealing.

Another way of making jam, and I think an easier one, is to cook the fruit a little and press through a colander or coarse sieve and then proceed as above. Gooseberries make nice jam, also Siberian crabs. There is very little difference between marmalade and jam. If making two kinds of jelly, one may mix what is left in the bags and rub through strainer and make it into a nice jam slightly spiced.

PEACH MARMALADE

Pare, stone and weigh the fruit. Boil the stones, not all, but about half, in enough water to cover well, strain. Quarter the peaches and add to the strained water. Boil slowly for three-quarters of an hour. Add three fourths pounds of sugar to each pound of fruit and boil five to ten minutes more. Skim and add juice of one-third of a lemon or less to each pound of fruit. Boil a little longer, when it should have the appearance of a smooth paste. Put in glass jars when nearly cold. Seal as other fruit.

ORANGE MARMALADE

Cook the thin rind of about one-quarter of all the oranges, in two waters with a pinch of salt. Strain. Grate the rind of another quarter of them, being careful not to use the white in either case. Cut all the sections of the fruit up fine, letting the juice drain upon the sugar. If sugar is not melted, then add a very little water. Now add the cut or chopped fruit,

the boiled skins or shreds and the grated rind. Boil all together twenty minutes or a little more. When nearly cold, put in glasses or small jars. Seal.

GRAPE MARMALADE

Boil the skins in enough water to cover them. Strain. Boil pulps for five or ten minutes and press through wire sieve or gravy strainer. Mix the two juices; to five quarts of this add three quarts of sour apples, cut fine, the juice of two lemons and about fifteen to seventeen cups of sugar. Add to this a little bag of unground spices and leave boil with it till spiced to taste. Boil one-half hour and put in glasses or small jars. Cover or seal with white of egg and paper or paraffin.

APPLE MARMALADE

Pare, core and cut fine. To each pound of fruit, take three-fourths of the amount of sugar. Boil slowly till reduced to a pulp. Put away same as other marmalades.

TOMATO CATSUP

Boil one peck of ripe tomatoes in a porcelain kettle, until soft. Press them through a sieve or gravy strainer, then add two and a half cups vinegar, one and a quarter cups sugar, one-half cup of salt, one-eighth teaspoonful of red pepper and one-eighth teaspoonful of paprika. If desired, leave out the paprika and use one-fourth teaspoonful of red pepper. Boil slowly, stirring frequently till it is reduced to almost half. Bottle very firmly and keep in a very cold place. Beer bottles are nice for it and put a little circle of paraffin paper under the stopper. A small pitcher is handy to pour the catsup in if no funnel is at hand. To make clear catsup, the tomatoes must

be cleaned from all blemishes. I use a common breakfast coffee cup for measuring. Green tomatoes with a few apple skins boiled with them make an excellent catsup.

CHILI SAUCE

Take a good half peach basket of ripe tomatoes, wipe with a damp cloth and pour boiling water over them. Remove the skins and blemishes and cut into rather small chunks into a four-quart porcelain kettle. The day before making, wipe and remove the blemishes and the real dark green part of the skins from eight to ten medium sized green tomatoes. Slice and put to soak over night in cold water with very little salt, about one teaspoonful to two quarts of water. Drain through colander and chop in chopping bowl, not very fine. Then add to the ripe tomatoes. Have ready four or five good sized onions which have been sliced, soaked in cold water and brought almost to a boil in another cold water and drained; then chop, but not too fine; they may be chopped with tomatoes if bowl is large enough. Now add 1 cup of vinegar, 1 cup of brown sugar, 2 teaspoonfuls of salt, 2 teaspoonfuls of granulated sugar and the end of a teaspoonful (say one-eighth) each of red pepper, paprika and white pepper; also one-quarter of a teaspoonful of cloves and one-half teaspoonful of allspice. This makes the kettle very full, which is a little inconvenient at first, but it soon boils down. Boil for a long time slowly and then put in jars. Pint glass fruit jars are very nice for it.

The above quantity made two beer bottles full (very hard to fill, requiring a teaspoon and toothpick), one pint jar full and half another pint jar. The last is for immediate use but the others must be put away as any canned goods—air tight.

This recipe can be changed to suit the taste and convenience for the use of materials one happens to have on hand. It should be stirred frequently at first and more often towards the last, as the more it boils down the more liable it is to stick. Half ripe tomatoes make good chili sauce. Green tomatoes make excellent chili sauce also, using just a little more vinegar. Aluminum kettles are best but only few people have them.

PICKLED PEACHES

One-half gallon vinegar, five pounds of sugar, one-half cup stick cinnamon, one-half cup allspice, one-half cup cloves. Break spices with rolling pin and boil all together for about twenty minutes; then strain syrup before adding peaches. The peaches can be heated through in the syrup the same as for canning, or they may be steamed and the syrup boiled a little longer, then poured over them. Rub the peaches with a coarse towel or hand brush. Insert a clove or two in each one. This recipe for syrup can be used for other pickles.

GRAPE JUICE

Stem grapes, wash well and boil till they are easily mashed, then rub through colander. Take the pulp that has been put through the colander and put in a clean cheese cloth bag. Press but very little, then to three cups of juice take one cup of sugar or a little less if grapes are not very sour. Boil about five or ten minutes only or it will jell. Fill pint jars to overflowing and seal. When using it, dilute one-half or two-thirds with cold water. Very good and a very refreshing drink for an invalid or for a beverage in hot weather. The pulp in the cheese cloth bag can be made into jam. Black currants put up the same way are excellent for drink.

GREEN TOMATO MINCE MEAT

One peck green tomatoes chopped, four pounds granulated sugar, two teaspoonfuls each of cloves, allspice, nutmeg, cinnamon, two pounds seeded raisins or currants, two cups vinegar, one lemon chopped fine, one-half peck of apples, if desired. Simmer two or three hours, stirring occasionally. Put in fruit cans and seal. Apples or any fruit may be added to the pies when making, and a little more sugar. This makes about five or six quarts without the apples. It is well to cut the tomatoes in two and let stand all night in cold water slightly salted. One may add home made wine, if desired. Add a little vinegar to the water in which the tomatoes stand all night.

MINCE MEAT

Two pounds lean beef (simmer about two hours), one pound suet, one and one-half quarts or a little less of chopped apples, three cupfuls of seeded raisins, one cupful of currants, one-half pound of citron shaved very fine, one-half cupful of candied lemon and orange peel mixed and chopped fine, one-half cupful of molasses, one and a half cups sugar, grated rind and juice of each one lemon and one orange, one-half teaspoonful each of cloves and allspice, one teaspoonful of cinnamon, two teaspoonfuls of salt, one-half cupful each of brandy and sherry, one cupful of cider (if not boiled use the hard), one pint bottle will do to buy the last three in, mixing together.

Chop the beef and suet very fine and mix, taking out the stringy stuff which comes to the top while chopping. Add all the other ingredients, including the liquor the meat was cooked in, which will be only a cup or two, and simmer, mixing gently while simmering. When well heated through, put in a well glazed jar or fruit cans. It should stand a week or

two to blend before using. Two cups of hard cider may be used instead of the liquor. The liquor is meant to preserve the mince meat, not for flavoring. It will keep six or eight weeks without it and all winter with it. This much will make ten large pies or fifteen small ones. When making a pie, a glass of canned fruit may be added or some apples may be sliced thin and put over the top before putting on upper crust. This is easily made if one has a good food chopper, otherwise it takes two hours.

DRIED FRUITS

In dried fruits, the nourishment is not lost, only the water has been removed. Apples are simply peeled and sliced and put in the sun under a mosquito netting, then hung in bags and kept in a cool, dry place. Most of other fruits are partly or wholly cooked, some in syrup and some not, then drained and dried. Figs are cooked in a syrup then dried, which is what we buy. Cherries and citron may be dried or candied the same as figs. Candied orange and lemon peel should be scraped out so as to remove most of the white, par-boiled about five minutes in weak salt water, then in a strong syrup till tender, drained and dried in the warming oven for two or three days; these are nice for cake flavoring and other things. It hardly pays to dry them as quite a little can be bought for five or ten cents. The dried fruits for table use, no matter whether for sauce or pie, require long, slow cooking. To wash them, it is well to put them on the back of the stove in cold water for about half an hour to soften dirt on the outside, then thoroughly wash and simmer two or three hours, or soak all night after washing, and cook in the same water they were soaked in for about one hour. Sweeten and flavor.

CANNED AND DRIED PUMPKIN

Dried pumpkin makes very nice pies. To can or dry, boil or rather simmer till almost dry and dry a little further in a slow oven as one would for pies, using a tiny bit of salt in cooking. Then can and what is left to be dried keep stirring occasionally in the oven until it can be formed into patties (about two inches square) and put back in the oven in a dripping pan for two or three days till these are very dark, turning occasionally. Put in cheese cloth bags and hang above the stove for a few days. Two pieces will make a pie. It will keep for years. For pies soak all night in soft water or very fresh milk, just enough to soak it up. Then use as any pumpkin. The easiest method of all is to simply cut without peeling, boil till tender, then with knife and fork peel from the boiling kettle and drop into jars; when making pies, dry out a little on top of stove.

PICKLES

Pickles are very simple and easy to put up. Most all should be soaked in a weak solution of salt water over night; that is, ripe cucumbers, watermelon rind, string beans, little cucumbers, etc. The ripe cucumbers look almost like the watermelon when finished. Cut the ends off the beans, peel and clean the watermelon and ripe cucumbers, steam till tender, which only takes a few minutes when cozies are used. Pack in jars and cover with hot vinegar syrup. If wanted fancy, follow the rule for pickled peaches; for every day use, make a syrup of about half water and vinegar and about two tablespoonfuls of sugar and nearly one teaspoonful of whole mixed spices to a quart. It is well to let the jars stand till they shrink and then fill to overflowing with hot syrup, not waiting till they are entirely cold. The little cucumbers may be cooked

about five minutes in the syrup that they are to be put in, and little green tomatoes may be steamed or cooked in the syrup; tomatoes and cucumbers require a little stronger syrup than other vegetables or fruits. The large green tomatoes should be sliced or halved.

All of the vegetables can be put up in coarse salt (even watermelon), adding a little cold brine, if necessary, when the crock is full; then cover with clean white cloth, over that a clean board, over that a clean rock to keep them down, and on top of the jar another clean board or cover. They may need skimming for two or three days. When they are to be used, they must be soaked in cold water a day or two and then prepared any way desired. When pickling peppers, protect the hands from burning.

Both cucumbers and green tomatoes are greatly improved if let stand 24 hours in each of two hot brines and also another 24 hours in hot vinegar before putting up in the last vinegar which may be flavored as one desires. Simply pour the hot liquid over them and change for fresh the next morning. Put up for good the third or fourth day. Some use cold liquid on tomatoes. Each vinegar may be diluted.

MILK

Written for the author by Miss Angeline Wood, Teacher Domestic Science, Stout Training Schools, Menominee, Wisconsin.

Milk is one of our most valuable foods. It is a perfect food for young children, as it contains all the elements necessary for the nourishment of the child. For invalids it is almost a necessity, as it gives nourishment in an easily digested form. In the diet of grown persons, milk is a valuable addition, although it needs some starchy food with it to make a perfect diet.

The composition of milk averages about three per cent proteid, four per cent fat, five per cent carbohydrate, one per cent mineral matter and eighty-seven per cent water. The proteid is the casein or curd that forms when milk thickens. This substance helps to build up the muscular tissues of the body. The fat is in the cream that rises to the surface, and the carbo-hydrate is the milk sugar. The fat and sugar furnish heat and energy to the body. There is also present in the milk a small quantity of mineral salts which are needed in the body principally to aid in forming the teeth and bones.

As milk is of so much value in the diet, it is quite necessary that we should know how best to keep it. It is one of the most easily contaminated of foods, spoiling very quickly unless properly cared for.

The spoiling of milk is caused by the bacteria or germs which get into it, and as it is an excellent food material for them, they grow and multiply very rapidly. Milk also absorbs bad odors very easily, so that it is entirely necessary to keep it where the air is sweet and

clean. It is often contaminated, too, by dirt and filth getting into it from the cows' udders during the process of milking or by dust from the milker's clothing.

If disease germs get into the milk, they often cause serious illness among those using the milk. Children, especially, are very susceptible to the effects of impure milk. Typhoid fever, tuberculosis, and other germ diseases are frequently traced to the milk supply.

If we would have clean, pure milk, we must begin the care of it with the cow and the cow stable. The cow must be kept in a clean, light, well-ventilated barn or stable, and have good food and pure water so that she may be kept in good health. Only the milk from perfectly healthy cows should ever be used as food for human beings. Milk from cows that are out of condition in any way or have any disease, is unfit for food, as it is likely to cause serious illness if used. A cow should never be whipped or worried.

The cow should be groomed every day to keep her skin in a healthy condition and also to keep her clean so as to prevent any filth from falling into the milk. Likewise, the one doing the milking should be very careful to have his hands and clothing clean. In the modern dairies of today where everything is kept in a strictly sanitary condition, the barns are kept very clean and the cows clean and well groomed. The milkers wear fresh white suits and go to the milking with clean hands. The milk is drawn into covered pails and then taken from the barn immediately and quickly cooled. Every possible precaution is taken to have the milk perfectly clean and pure.

In order to have pure milk, it must be clean, free from dirt of any kind, and as free as possible from bacteria. This condition can only be had by keeping the cows clean and in good health, having the milking done under sanitary conditions, and by keeping the milk properly.

Even under the best conditions there will be a few bacteria present in the milk. The temperature of freshly drawn milk is the most favorable for the rapid growth of these bacteria, so in order to keep them from developing, the milk should be cooled rapidly immediately after milking, to as near 40 degrees F. as possible.

The pails used for milking should be perfectly clean. To keep them clean they must be thoroughly washed with hot soap suds and then scalded with boiling water or steam and turned down to dry in a clean place, free from dust. All the dishes used in the home for milk should be carefully scalded every time they are washed. It is well to rinse straining cloths and all milk utensils with cold water before using hot soap suds.

In the home, the milk must be kept in clean dishes, set in a cool place, free from dust or odor. If kept in a refrigerator, do not put it near any strong smelling food. Keep the milk on the bottom shelf and the other foods above.

Pasteurized milk is milk that has been heated to a temperature of about 170 degrees F., then quickly cooled. This heating destroys practically all the germ life in the milk and insures its keeping a little longer. This method is not a guard against filth in the milk, but it renders harmless the germs that are present. It may be used in the home where one has reason to doubt the cleanliness of the milk supply.

People who have to depend on the city milkman ought to take measures, if possible, to find out if the dairy from which the milk comes is kept in the proper sanitary condition. If one is careful to buy from a reliable dealer one can be pretty certain of getting a good quality of milk. But there is so much dishonesty among dealers and so much carelessness and ignorance among dairymen that it becomes necessary for the consumer to protect himself.

FOODS

Our mental and physical ability to do our day's work depends largely upon the food we eat and wholly upon the food we eat, air we breathe, water we drink and the clothes we wear, or rather the way we wear our clothes, giving the organs plenty of movement and protection.

If there is only a given amount of money in a family to be used for the table, it should be spent wisely and the food properly cooked or the working members will suffer for the need of strength and clearheadedness, while the children will not develop in mind and body as they should, so that the buying and preparation of food is a serious and responsible duty on the part of the housekeeper.

To be successful, one needs a little knowledge of the chemistry of cooking, which is given in a simple way throughout this book. A good household magazine will give more, so that anyone can accomplish a great deal with a little thought and study.

Food is taken into the body to build up and repair tissue and to generate energy.

Foods may be divided into five classes, or principles, namely:

- | | | |
|--------------------|---|---|
| 1. Water. | { | Phosphate of Lime. |
| 2. Inorganic Salts | { | Carbonate of Lime. Salt (Chloride of Sodium). |
| | { | Iron. |
| | { | Phosphate of Magnesium. |
| | { | Soda. |
| | { | Salts of Potash. |
| 3. Proteids..... | { | Albumens (White of Eggs). |
| (Produce flesh) | { | Caseins (Curd of sour Milk). |
| | { | Fibrins. |

Nitrogenous...	{	White of Eggs.
		Casein of Milk.
		Gluten of Grains.
		Fibrin of Meat.
		Legumen—Pease,
		Beans, Lentils, etc.
4. Fats..... (Produce heat)	{	Butter.
		Olive Oil.
		Cotton Seed Oil.
		Lard.
		Oleomargarine.
		Butterine.
5. Starches..... (Produce [Energy] Work)	{	Cream.
		Starch—Beans, Pease, Lentils.
		Sugar.
		Gum.
		Dextrin.

The average working man requires about four and a half ounces proteid, two ounces fat, seventeen and a half ounces starch, per day; one-third of the proteid should come from animals. If no other proteid is taken but lean meat, the average man requires about nine ounces; if cheese alone, five and one-half ounces; eggs, about seven good sized; including waste.

Women and children require less of the principles than men. It is better to overdo proteid than not to have enough. Though meat is not essential to health, it does increase bodily vigor.

We cannot substitute one food for another to repair the loss of that food in the system, as fats for proteids.

When fats are oxidized or burned in the system, they produce more energy than an equal amount of the other foods. As they generate heat, large amounts are used in cold countries. The starches also generate heat. Cellulose (cell structure) is found to quite an extent in the starches, of which but little is digested, and what is digested, or absorbed, must first be converted into sugar.

Though not digested, a little of it is good to give

the bowels sufficient exercise, but the housewife must remove as much as she can or too much will cause irritation in the bowels and too much waste of undigested food.

The nourishment or value of a food depends greatly upon the kind and proportion of its foodstuffs or composition. The digestibility and value is greatly influenced by proper methods of cooking. There is waste that one is not responsible for, as the system can digest only a percentage of the materials taken, owing to the interference of cellulose and other things, and she must, therefore, feed a greater amount than the system calls for to allow for this waste. This need not be a hard study, for just a little observation of the spirits of the family will tell her whether she is feeding correctly or not. Everyone feeling happy and ambitious is a very good proof of being fed properly. They can wreck the system in many other ways besides eating, so the housewife must not blame herself unreasonably always for indisposition on their part.

Enough of food should be taken to satisfy the appetite and still not cause distress, hence the foods should be properly combined. Were one to eat potatoes alone, he would take many times as much starch as needed and not a sufficient amount of fat, as they contain but a small percentage. One thus fed, lacks energy and feels a heaviness and stupidity, too much starch producing indigestion from too much fermentation, though digestion is due to fermentation.

Potatoes, beans, oatmeal and corn are the cheapest foods. Butter or gravy should be eaten with bread to get the proportion of fat to starch as nearly correct as possible.

Fats should be taken into the system only in a finely divided state; butter is the easiest digested of all fats. Only rancid butter causes dyspepsia. Butter contains

the same two fats (olein and margarine) as the oleomargarine, but has other fats in addition. Olein is really the easiest fat to digest and butter has a goodly percentage.

Oleomargarine is made from the best beef fat and when not adulterated, is one of the healthy foods not equal to the best grade of butter but better than the poor. The prejudice towards it is not owing to the fat it contains but to some of the unclean places of making and unclean adulteration. However, there are some very good and clean grades and hard to detect from good butter.

Butterine is a mixture of beef and hog fat oil. Only the best pieces of fat can be used for either. These give the workman a chance to get his proper amount of fat necessary for health.

Lard is very hard to digest but of good value to those who can digest it. It is so hard to buy good lard that it is safer for the housewife to buy leaf lard and try it out for herself. Most everyone can use a little. People working out of doors can easily use it without it causing distress, but invalids never.

Cottolene is a valuable vegetable oil, easier digested but not so rich as lard. Half each of cottolene and beef fat makes a very good shortening for every day use. Flour and meal are perishable (readily absorbing moisture, and, therefore, keep covered), and should only be bought in small quantities. These used to be stored in large quantities for winter, but the milling process is not the same now. More is given under "Bread." Meat differs very much in composition in different animals and different parts of the same animal. The lean meats contain from 15 to 20 per cent proteids, the whole egg $12\frac{1}{2}$ proteids, cheese 25 to 30, dried codfish 30, potatoes about 75 per cent water and 2 per cent proteid, not even $\frac{3}{4}$ of 1 per cent of fat, 20

per cent starch and very little cellulose and minerals. Scientists have made investigations and found how much and what kind of food is used by and needed for the system while working, how much is needed when not working and how much of the body itself is used up when no food is taken, as in starvation. A man, not working, can sustain life and fight off starving diseases on 35 ounces of good, wholesome bread per day, and a necessary amount of good water. It is as necessary for the housekeeper to know how much food is needed and what proportion for each, as for the farmer to know how much he should lay up for winter use for his stock, without waste, and still keep his stock thriving. (The waste in digestion cannot be helped).

Nature furnishes us with two foods of *most* importance—air and water—which need but little attention on the part of the housekeeper—any more than to keep them pure and fresh and see that each gets an abundance of both.

It is necessary to study really only the three classes—proteids, fats and starches—and in making up the daily menus, to remember the body requires those three in proper proportion. Knowing this, it is then necessary to fix or flavor them in a way that will tickle the palate and stimulate the appetite. Having bought wisely, she must cook wisely, so as to get all the food value out of the food and also learn to make palatable dishes from the leftovers. Not a teaspoonful of food should be thrown away. The water and the minerals seem to take care of themselves.

The part of the fats which are not oxidized or burned are stored as fat for the body. Making soups is one good way of getting food value for a little money. Much can be saved in making hash, stews, meat loaf, patties and many other things.

The thrifty housewife will not throw away even

one teaspoonful of anything clean, and of nutritious value. The cream pitchers, milk bottles and pans can be rinsed with a tiny bit of cold water, loosening any that may have gathered on the side with a silver knife, pour into a jelly glass with a cover, and use for baking. The gravy of roasts and steaks can be rinsed from spider, dripping pan, platter or dish with a little hot water and saved in some little receptacle for hash, meat loaves, etc. It contains such valuable nutriment that it is well worth the trouble to save it. From dripping pan and spider it should be saved immediately, as standing discolors it. Many are ill nourished which could be remedied to a certain extent by saving these things. One can manage so that they won't even throw away a crumb of bread, for these have so many uses. Two nice clean shoe boxes, with covers, or better still, two large covered tin cans or quart pails, starting a fresh one every three or four days and air the other, are good receptacles for dry bread and crumbs. The meat grinder is fine for preparing crumbs for breading croquettes, meats, etc. Not possessing the grinder, roll with a rolling pin or round bottle or grate. Enough can be made at once for a week or more and kept separate from the other crumbs, in a tight baking powder can.

Milk is such a valuable food that if one can only afford a pint a day, get that pint and let the children have at least a tablespoonful. Serve it in little wine-glasses in its fresh state—boiling lessens the nourishment. It is better to buy only a pint of good milk and water it one's self, than to buy three pints of the cheap milk, not knowing what is in it. The laws are becoming so strict that it is getting more and more clean and pure so that we can use it without scalding, as it should be used. It would be well for all, could we afford it, to drink at least two glasses of good milk

each day, but if we cannot afford it, then aim to get at least a tablespoonful, and the children especially. When there is a "bottle" baby, its milk should be prepared in the five or six bottles and not mixed with the rest or disturbed. If one has not the money for baby's milk, appeal to some good society for it. It is uncharitable and cruel to let the baby suffer and the time might come when one can return the goodness of the society in some way, or help some other poor baby.

With both baby and children, beware of stunted bodies, stunted minds and stunted health through life.

In having to manage with little money, the children should be taught intelligently and kindly the circumstances, and they will not find fault with the wineglass of milk or other things that mother is doing her best with—that is, planning and cooking to give all the food value she can without waste. Make them interested in building up their own home, which should be one of the chief aims of all; this aids building of character, which comes first and results in healthy minds and bodies. Though they may be irritable at times, they will understand at others.

As a rule, children are fed too much solid foods, overheating the blood and clouding the brain, keeping heart and digestive organs always under the highest strain, and never rested. The digestive organs of a child require more rest than do those of the grown adult, and we have also a failing of not allowing proteid enough, either for ourselves or the children—using too much fat, starch and cellulose.

There is a normal demand for greater frequency in supply of food for children, but not for greater quantity. Quality is more important than quantity.

A child's health should be considered as well as his character, making the battle of life he is so soon to enter of great interest. A normal man, who spends a

great deal of time in the fresh air, can live on about five pounds of food daily and almost two pounds of this should be liquid food. It has been found that some children about ten years of age, are fed seven and a half to nine pounds of solid food per day. If children need food between meals, it should be at regular intervals and a liquid food is best. Nothing equals a glass of good milk, even good skimmed milk, properly cared for, is of great value to the system, or a piece or two of good, homemade candy or good quality of confectioner's, and plenty of water is very often all that they need. Water will often allay hunger.

Children should be trained to like and eat what is good for them and not let their tastes become finicky, which makes it so hard for them in later years and often very trying for others. Use neither tyranny nor indulgence in so training them.

Common salt (chloride of sodium) aids in digestion and assimilation of food. It helps to keep the blood in an alkaline state (not too acid) and also a fluid state.

Fruit is valuable on account of the sugar it contains and its flavor due to fruit acids with the sugar, and can be used to disguise things we do not like and still ought to have.

Seasoning, like fruit, is of great value in making good, plain food palatable, thus stimulating the appetite and aiding digestion, but like all other good things, must be used with discretion. For instance, sugar or too much cream on oatmeal or other breakfast food, is not good, as it interferes with the proper digestion of that food, while taken in a piece of candy for lunch or with a light dessert, is very beneficial.

Food for cold lunch.—Many working men and children, mostly in country schools, carry cold lunch, and it means much to their success to have the lunch as

dainty as one can. No man or child wants a lunch from a basket or pail that smells of the dinner pail smell, nor bread and pie soaked with pickles. The pail should be washed as particularly as a milk bottle and left open all night, then with the aid of some good paraffin paper to wrap moist things, as pudding, salad, pie, etc., and a couple of little salve jars with good covers, from the druggist, for salt and cooked fruit, and many little dainties, also strips of pasteboard, one can pack a lunch to tempt the king. A bottle with a little fruit syrup or lemon syrup for lemonade or fruit drink, or occasionally cold coffee; milk, if one can afford it, is excellent. Always have food real cold before packing as one would before putting in the icebox.

WATER

As water forms more than two-thirds of the weight of our bodies, and is thrown off by means of lungs, skin and excreta (bowels and kidneys), it is very important in order to keep the system in its fluid and natural condition, to drink plenty of water, at least three pints a day, besides what our food contains. It is better to drink it between meals, though a little taken moderately at our meals does no harm. It is the means of carrying all the nutriment to the different parts of the body and carrying away the wastes, so it is easy to see nourishment of the body would be impossible without it; even the nerves are benefitted, hence very good for nervous people. It is not only a carrier, but a cleanser. A good bowl of hot water or a glass of cold water an hour before breakfast or any meal is a good appetizer, not to speak of the numberless other benefits.

There are several kinds of water used for drinking purposes. That from surface wells is always to be

suspicioned, and also that supplied to cities and towns from rivers and lakes. It is always well to boil it, which drives out the gases, causing a flat taste, but if cooled, settled and poured from pitcher to pitcher in the open air, it improves the taste. Water will form in the body itself where two molecules of hydrogen come in contact with one of oxygen.

Sterilized water is water well boiled and if used for sterile purposes, must be kept in sterile receptacles and covered with sterile covering. Sterile means perfectly clean, free from germs, hence it must not come in contact with the hands or anything not sterile.

For albuminized water and cinnamon water, see Drinks.

Best and cheapest foods—Oxygen (fresh air) first, last and all the time, day and night. It is the most important constituent for the support of life. Next comes plenty of water.

Other principles of foods are given at beginning of chapters and with some of the recipes.

Some Foods that should NEVER be found on the Table

- | | |
|---|---|
| 1. Underdone Veal. | 15. Sour bread. |
| 2. Half cooked Cabbage. | 16. Pork (too often.) |
| 3. Cheese (too often.) | 17. Too much bacon in summer. |
| 4. Green melons. | 18. Fried potatoes, three times a day. |
| 5. Unripe fruit. | |
| 6. Suet Pudding (too often)
Must be well done. | |
| 7. Heavy dumplings. | |
| 8. Fried things saturated in grease. | 19. Canned meats |
| 9. Fried hash. | 20. Canned fish |
| 10. Too much pie. | <div style="display: inline-block; vertical-align: middle; font-size: 3em; margin: 0 10px;">{</div> <div style="display: inline-block; vertical-align: middle;">Unless removed from can and recooked.</div> |
| 11. Underdone Oatmeal. | |
| 12. Leathery fried eggs. | 21. Canned fruit, unless recooked. |
| 13. Heavy breakfasts. | 22. Canned goods that cannot be recooked. |
| 14. Heavy Biscuit. | |

Composition of a Few of the Common Foods.

Figures are only approximate, not accurate.

	Water.	Fats.	Proteids.	Starches.	Minerals.	Cellulose.
Wheat.....	13.5	1.75	12.5	65	1.8	3
Rye.	15	1.75	11	*68	1.75	2
Oatmeal.....	12	5	10	†57.75	3	11
Corn.....	13	4.5	10	‡68	1.5	2.5
Rice	9.5	2	6	§76	1	6
Buckwheat	12.5	1	10	§72	2.5	1.5
Pease, Beans, Lentils.	15	1.5	24	49	3.25	7
Cocoa Seed		47	16			
Strawberries	90.4	.6	1	7.4	.6	
Salmon, Fr.....	40.9	8.9	15.3		.9	
Apples	84.6	.5	.4	14.3	.2	
Bananas.....	75.3	.6	1.3	22	.8	
Beef, lean	58.2	11.1	17.1		.9	
Beef, fat	44.9	29.1	16		.8	
Beans (navy)	15.2	1.6	30	50	3.2	
Beans (Lima).....	68.5	.7	7.1	22	1.7	
Butter	11	85	1		3	
Cheese	31.6	35.9	28.8		3.4	
Codfish (fresh)	72.4	.5	17		1	
Eggs (uncooked)....	73.7	10.5	13.4		1	
Milk	87	4	3.3	5	7	
Oysters	88.3	1.3	6	3.3	1.1	
Oranges.....	86.1	2	8		.5	
Potatoes	78.3	1	2.2	20	1	
Potatoes (Sweet) ...	69	.7	1.8	17.4	1.1	
Pork, fat.....	47.5	37.5	14		1	
Pork, lean	72	7	20		1	

*Gum 5, Sugar 1.

†Sugar 2, Gum 2.

‡Including Sugar and Gum.

§Including Gum.

SICK

As a good many recipes have been given throughout the book for the sick, I will simply give a few hints on the care of the sick and a few extra recipes.

Nearly all of the two chapters on "Drinks" and "Soups" can be used for the sick, except a few things that may be forbidden for a time by the physician, having his own reason for forbidding them—for instance, a raw egg is one of the most valuable of foods for sick, convalescent, strenuous workers and nervous people, but there are a few, rare cases where they must not be used, that is, for a time at least; in some cases only the white is forbidden.

There is nothing that makes one so nervous, irritable and disagreeable as a bad stomach. The whole system suffers and strength wears away for the want of preparation of building material in a good, clean stomach. One may have just what they need prepared, perfectly, yet spoiled by bad habits of eating, which are readily acquired but difficult to break. Eat slowly only what can be digested and only as much as can be digested, and drink as little as possible with meals, and drinks with meals should be warm. The best time for cold drinks is one hour before or two hours after eating. If one cannot stand cold water, then they should drink plenty of hot (occasionally putting in a little salt), which is the best of all drinks for indigestion, cramps, nervousness or any ailment. It is simply invaluable, slow but sure and *must* be sipped slowly with a spoon as there is danger of dilating the stomach by taking too fast. Four large cups of hot

water taken one-half hour apart, without eating anything, and lying quietly, will cure severe cases of cramps. If relief does not come in two hours, then it is necessary to call a physician, though one might first take an enema of warm water, (salt), or just plain warm water, from one to three quarts. This will often give instant relief or may be repeated in half an hour, if still suffering. Oftentimes before taking the four cups of hot water, it is well to drink a pint or quart of luke warm, salted water (one teaspoonful of salt to one quart), and immediately vomit, thus washing out the stomach; then after resting a few minutes proceed with the four cups of hot water as directed above. If one cannot vomit, it will do no harm, only rest about an hour before starting the hot water cure. It is only about one case in twenty that won't be able to vomit. In such cases of very acute indigestion, it is best to call one's physician, who will see that the stomach is cleaned as quickly as possible, as those attacks are rather severe on even the strongest heart and other vital organs.

For those in bed, that is, very sick patients, no matter what the case may be, give but little food and give often with plenty of water, hot or cold, midway between. A tumbler of good milk every three hours, beginning early, say 6 a. m. (6-9-12-3-6-9) with one or two of same during the night if patient wakes up, is sufficient diet for six weeks. Other drinks can be substituted for the milk but it is well to give as much milk as possible if it has been properly taken care of. It is best to keep it in small closed bottles in the icebox.

If a patient cannot stand as much as above, then give a wineglass every two hours, or a tablespoonful every half hour for a few days till he gains sufficient strength, or even less than this. Oftentimes it is well

to let him go a half or whole day without nourishment, giving plenty of hot water, in say, wineglass doses, every half hour or hour.

With a convalescent or strenuous worker who should take just as good care of himself whether the work be mental or physical labor, some foods that may not agree with him in one method of preparation may be very agreeable and digestible under other careful methods, and often one can digest and assimilate what may not be palatable to him but should aim to cultivate a taste for it because of the good and virtue he may get out of it, and because he needs it.

For instance, oatmeal, which so many dislike, after long, careful cooking, converting some of the indigestible things about it into digestible, wholesome food, is one of the cheapest and most valuable foods and one should train himself to eat it without sugar. Children should be trained to eat it thus and given only in small quantities so they will not lose a taste for it. If one can afford cream, it is very nice, but if not, use the top milk, which is about seven or eight per cent cream. It is better to syphon or take off carefully with a spoon, but it can be carefully poured into the pitcher. There is quite a difference in the proportion of elements in the top half of milk and in the bottom half, after it stands without disturbing for five or six hours. This bottom milk is indispenible for a few rare kidney cases where cream and eggs are forbidden, in fact, it would make a perfect diet for them for two or three weeks at a time, not forgetting plenty of water between. Buttermilk and koumyss are also good in these cases, buttermilk being the best. Buttermilk is excellent in most all cases but must be careful not to overtax the stomach. When one needs nourishment between meals, a raw egg beaten with a little salt and drunk, is a great tonic. If one cannot take it, then

approach it as nearly as possible by adding a pinch of sugar and a little milk till you can cultivate a taste for it.

Buttermilk, an occasional dish of good, healthy ice cream (plain, not that highly flavored, as most flavorings are poisonous, especially vanilla), a cup of junket, or two or three milk tablets (Horlick's malted), and many other little things, make a very nourishing as well as a varied diet between meals. The two chapters mentioned will give ideas also of diet to use for nourishment between meals, using flavorings as little as possible; they tax a weak stomach too much.

A few desserts for young children and convalescents or any having weak stomachs:

Junket.	Plain Custard.
Rice Pudding without raisins.	Small Amount Ice Cream
Baked Apples. (Nice cold with cream.)	(Plain.)
Pears.	Prunes.
	Peaches.

Diet after an acute attack of indigestion:

Broth.	Greatly diluted milk.
Thin gruel.	Whey.

Small amounts of properly heated milk (in double boiler till it sort of foams or begins to form a scum on top). In heating milk, if without a double boiler, just scald but never boil.

The chapter on "Eggs" gives a few nice dishes for the sick and a few dishes in other chapters. If I can, I will have dishes marked in the index with a star or separate list made which can be used for those not on regular diet.

I want also to note the importance of Zweibach for a delicate stomach. It seems to do the work physicians recommend to do.

Raw eggs in warm weather should not be more than three days old when used for invalids. In fact, at any time, the fresher eggs and milk are the better extra

Lard should never be used for cooking except for the strongest, and then only limited.

Drowsiness, lack of ambition, that awful tired feeling and many other things are symptoms of indigestion from which one may not know they are suffering. Lack of relaxation will cause the severest forms of indigestion and constipation. The strenuous workers, instead of having to dress up after their hard day's work, should lounge in loose clothing and have their dinner in quiet and comfort.

Never ask an invalid what he will have to eat. Try to vary the bill of fare each day, serving only one or two dishes at a time, in small amounts and as daintily as possible, using the prettiest dishes and napkins that one has. If permitted, weak tea or coffee occasionally, put in a little heated teapot, as a patient enjoys pouring it himself. For warm foods, heat all the dishes used, and for cold, have the dishes cold. Avoid slopping or spilling. The room should also be as dainty as possible. Carpets will soon be a thing of the past, but if obliged to use one on the floor, sponge it first with a cloth wrung tightly out of warm ammonia or borax water before sweeping, or use dampened sawdust, but raise no dust or the very least possible. Never shake a dust rag in the sick room, or any other room, and use a clean one every day, or at least every other day. Leave no soiled clothing or utensils in the room. In short, keep everything scrupulously clean—patient, room and cooking—keeping simplicity and pleasantness always in mind. It would be well if one bedroom could have a fireplace, which adds so much to the cheerfulness of the room as well as for ventilation, but few of us can afford this, though we can make up for it in many ways.

Avoid company and the advice of so many friends, which make the patient restless and dissatisfied, hin-

dering his getting the rest which is as essential to his getting better, as good cooking and the doctor's care, though at times a hint helps us over some point that is puzzling. Avoid noise both about the house and in performing the duties about the sick room.

Cream taken in small quantities is more digestible than milk.

A patient should always have his dishes freshly made.

Oatmeal is the most nourishing of grains. Rice is very important as it affords both nourishment and healing or soothing properties. Rice water is a very valuable drink.

Gelatine contains but little or no nourishment but it is appetizing and can be used to make other foods palatable and pleasant.

Cornmeal gruel is a valuable article of diet for those who can digest it, but there are a few who can take only a very small quantity of it. It is a heat producer, good for those who suffer from the cold and who find it hard to keep warm.

The tenderloin part of the porterhouse steak can be given to most invalids, the juice from another piece squeezed over it. Serve with half a slice of bread, toasted, or a salted wafer, or a twice baked potato, if invalid is strong enough.

Veal and pork should be avoided.

Beef tea or beef juice can be given in teaspoonful doses to patient who is very weak. When squeezing juice from beef, keep the bowl in hot water and serve immediately with a little salt and wafer. Before squeezing, merely heat the steak by broiling a minute, or two to help free the juices. A half of a beaten egg, not raw, may be added to beef tea and many other drinks.

A few broths are given in chapter on soups. Others of this kind can be made after the same principles. Prepare extra

attention to the brandy, wine and patent medicine cures; the after effects are worse than the disease. Ginger tea is almost as bad though a little may be used to quiet pain till one gets the system starting its work.

Milk toast, properly made, should not be forgotten for the invalid.

RAW EGG

Besides the method already given, another is to break an egg in a small tumbler, put a few drops of lemon juice on it and swallow whole. Some use a teaspoonful of brandy, but avoid it if possible. A teaspoonful of port wine or sherry and a teaspoonful of sugar beaten with the egg, yolk and white separately or together. This will do till one can get accustomed to taking the egg without these things. An occasional flavoring for a patient, of these things, is not out of the way if judgment is used, but on no account should they be given as a beverage.

RICE JELLY

Make a thin paste of two heaping teaspoonfuls of rice flour and a little cold water. Add to it a coffee cupful of boiling water. Sweeten to taste with loaf sugar. Boil till it is transparent. Flavor with a piece of stick cinnamon, lemon juice or other fruit juice, pour into a pretty dish or bowl to mold.

ARROW ROOT JELLY

Make in same way.

RICE WATER

Can be made same as rice jelly except use about a part of boiling water to one tablespoonful of rice flour. May be taken hot or cold. Plain rice may be boiled and strained.

IRISH MOSS BLANC MANGE

A small handful of moss, about an ounce or a little more (to be purchased at any drug store), wash very carefully and put in one quart of milk on the fire. Let it simmer twenty minutes or till moss begins to dissolve. Then remove from the fire and strain through a fine sieve. Add two tablespoonfuls of sugar and flavor if desired. Put away to harden in cups or molds. Serve with cream and sugar.

FLAX SEED TEA AND LEMONADE

Two tablespoonfuls of flax seed, one pint of boiling water, let stand in a very warm place for three or four hours, but not on the fire. Strain through linen cloth, flavor with licorice root or piece of lemon. Excellent for a cough. A tumblerful may be taken at a time. Should always be made fresh. The lemonade is made the same way only it may be simmered, the juice of a lemon added, strained and sweetened to taste. Drink hot, also good for a cough.

TOAST WATER

Pour boiling water on pitcher or bowl filled with slightly buttered and salted toast. Let stand a minute or two and pour into a warm cup. Serve at once.

CHIPPED BEEF ON TOAST

Shave from round or sirloin steak a few thin, tiny pieces, enough to cover a slice of toast. Place on pancake turner and drop for a half minute in a teaspoonful of sizzling butter, turning once, lay on a warm saucer for a minute while you add a tablespoonful or so of boiling water to the juice in spider—fry toast in and turn, then lay on warm plate, put a little extra meat on top of toast and pour remaining juice, ^{it}

over this. A little extra piece of meat may be cooked with it so as to have plenty of juice. On no account should it be scorched. Flavor with salt. This is very much relished.

SUGAR OF MILK

This is better for infants and invalids than sugar. It is very high priced, about fifty cents a pound, and can only be bought at the druggists.

PREPARED FLOUR

This will form either a hard ball or a powder, according to the amount used. Take a double handful of flour or a pint, tie up tightly in a cloth and put in a kettle of boiling water, boil from three to six hours, take out, remove the cloth, and it will be a hard round ball or a ball with powdery center. Keep in a cool, dry place and when wanted for use, prepare by placing some sweet milk in double boiler and grating in enough of the flour to make it as thick as you desire. Flavor with a little salt and just stir with a stick of cinnamon to flavor if liked. This can be given to rather young babies, say six or nine months. Excellent for anyone, especially suffering from summer complaint.

One often hears complaints that there are such a few things that can be prepared for the sick, but it seems a two hundred page volume could be easily filled with recipes for delicacies and nourishing things for the sick.

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"From homes like these Scotland's grandeur rises."

—"Cotter's Saturday Night."

"Not every woman can transform a house into a home."

Is this true where she tries?

HOME-MAKING

HEALTH IN THE HOME

Home—The greatest institution on earth.

Health, a well regulated household, and above all a happy home depend more upon the mother than any other member of the family.

To accomplish this great work she must study herself and keep her physical condition at its best for that is the foundation of her happiness which will be imparted to the rest of the family.

Home-making, like music, or any other profession, is an endless study, an art, and she must constantly plan to save herself and still keep the house sanitary and pleasant and the meals as palatable and scientific as she knows how.

Scientific cooking does not mean fancy or expensive cooking as many people think, but rather economical and wise cooking. It means getting all the food value out of all foods in such a way that even the most tired and over-worked body can easily assimilate and digest it. Few understand this to be part of their duty, but it is an important one and becomes a great pleasure and very interesting as one advances in it. It is a duty, which, combined with the greater one of child training deserves the greatest crown of glory in Heaven. Few realize that by doing this conscientiously they are living the life that Christ taught them, and are a great factor in the building of a noble nation. The individual home maker^{an} a country's goodness and greatness.

I mean this article to help the mother, or as is ^{often} said times the very sad case, that other who is try^{ing} to be is ^{you extra} at¹

take the place of the mother; it may be a sister of the father or mother, the oldest daughter, or often a hired stranger whose profession they do not realize, is one of the noblest and grandest.

This book and this special article is born of the sympathy gained as a professional nurse in homes both rich and poor. There is scarcely a rule or recipe given which has not been suggested by some personal experience in which I found that there were many needing what I had discovered only through hard study, long research and difficult experimentation. For the benefit of these similarly situated I issue it. To begin with, it is always a mistake to look for too quick results, or to expect appreciation of your work. People who have good ideas often hesitate to express them for fear they will not be appreciated. Do not hesitate—to speak may help someone and the Lord takes care of results; they may not show for years, till long after death, but the good is working just the same. Right here, I will say, do not do anything for worldly appreciation, but because it is needed and for God alone. Away back in one of the old second or third readers I remember a little verse, "I cannot do much, said a little Star, to make this dark world bright," etc. To do your duty, one of the first and best laws you might follow is, Do not worry, it is a sin to worry. You do not trust God by so doing. Second law—Refuse to be a drudge. These two cover so much ground it would take a volume to tell it—to do it justice. Change drudgery to pleasure "learn how to lose time in order to gain it, and that time lost is well spent if put upon both the training of ourselves and the children, including plenty of rest and relaxation for both and profitable pleasure." Nature furnishes enough for all of us if we will only take advantage of the golden opportunities she gives us. Froebel says "From everything in nature there is a way to God." This also applies.

means the way to true happiness. If one can't study it out for themselves there are now an abundance of good magazines, books, etc. If we will only read the right articles, and every line of some of them is worthy of thought.

Heretofore magazines seemed to be beyond the needs of the people but they seem to come nearer and nearer to us; more practical and simple each year. One or two is enough to subscribe for if all the good they contain is taken out of them, and the more one reads them the more you like and long for them to come. Oftentimes little articles in the newspapers happen to be just what we want to have and help over a puzzling place.

Hannah Whitall Smith says: "See to it that your boys and girls, when they grow up, do not remember you as an anxious, worried, irritable mother; but live such a life of trust before them that they will have always a picture of peace and trust when they think of you." Don't get discouraged because you have not always been so. "Look not mournfully into the past; it will return no more, wisely improve the present, and go forth into the shadowy future without fear and with a manly heart."

After taking up the work of happy home-making you will meet with grumbling, dissatisfaction and all kinds of discouragement and become impatient yourself; simply never mind but keep working on quietly and in the course of time those things will pass away. Mrs. J. Daving Power, of Ireland, writes:

"Be brave, poor stricken heart, be brave;
 Despair not; hope on; pray,
 From out the land beyond the grave
 There glimmers still a ray,
 A tiny beam, a hopeful light
 That piercest deepest gloom,
 And proves those murky clouds of night
 But guide to lead you home.

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Your cross is heavy; ah, I know,
 'Tis hard—too hard—to bear;
 But He who suffered pain and woe
 Gave way not to despair,
 'The heavy cross, the brilliant crown'
 'Tis proof that God has given;
 The few He chooses for His own
 Go perfect into heaven."

The training of the child begins in infancy; it should begin the very day of its birth; regular habits of sleeping and feeding. Between the age of two and three years a tiny task begun; it may take it weeks and even months to learn one small thing and then roughly, but the little untrained hand is learning, just the same. A child should not be given more than it is able to do and finish or it will become careless and indolent. It is true that it is easier to do a thing one's self, but it is not justice to the child, especially when they are beginning to learn to cook and do housework. Teach them the best method you know and allow them to originate some of their own. Make the work interesting and they will enjoy it. It matters not what their future work will be, this training is the one that will make or mar the success of the future by forming the habits of industry, honesty, etc. Be careful not to punish or ever whip a child for what it does not do or can't understand. Children love protection and we should be their protectors. It is wrong to look for judgment and experience in them for there are no harder workers in a world that is brand new to them than the children. New tasks are hard for ourselves the first few times and still harder for the youth. *A wise man says, the greatest education of a child's life comes before he is seven years old. Think of the responsibility of a mother; Do not worry about this; rear the child while it is still with you to the highest ideals by means

— noted Catholic sister said: "Give me a child till it is four years old
 I are not who takes it after that." Dr. Newman says: "Train the child
 is born." The writer hopes he will write a simple little book on
 bA Influence" for the benefit of poor mothers.

anice

of good books, good pictures, beautiful flowers, habits of industry, regular and conscientious attendance at school (very important) and so on. Gain the child's confidence and constantly strive to educate yourself. They must not only be taught to speak the truth, but to feel it and act it. Live only for this; God asks no more. Do not make it too hard for them to confess the truth by too severe punishment.

The Third Rule—"And the greatest of all these is Charity." Not only practice charity in your home, but carry it out unconsciously to other homes. Not the charity that consists in alms-giving, but that which thinketh and speaketh not evil. Help brighten and beautify the lives of other people. Never be sorrowful; this is intensely selfish.

A little incident came under my notice some years ago which made an impression on me. The mother of a poor family was taken seriously ill very suddenly, a neighboring lady came in to visit and did not ask what she could do, but seeing a basket of clothes to wash, slipped them out unknown to anyone and brought them back next morning nicely washed and ironed. She then did many other needful little things in such a quiet neat way that her very movement showed she wanted that mother spared to her two little children, and was a great comfort to all.

This is visiting the sick. This is also making another home happy when the poor mother was not able, and above all, it was charity, and she talked not of the faults of the home.

"Do not look for wrong or evil.
You will find them, if you do."

I quote from a newspaper a short article entitled ^{an} "What a woman can do," which expresses a few ^{nots} of ^{and} sentiments on the making of a happy home—"There ^{is} is three things that every woman might do to help ^{you} extra-
tify the world and make life worth living. One, ^{it}

is by making her person as beautiful as she can by observing the laws of health and preserving that tranquil, truthful state of mind which is reflected in the face and manner.

Another is to learn to beautify her dress. This does not mean to increase its complexity or its adherence to the changes of fashion, but rather to study and experiment until she finds out what gown, colors and styles are most becoming to her, and then adopt these in hair-dressing and garment.

The third is to beautify the place wherein she lives, whether it is one room or a spacious home. Weed out the wrong and needless things; re-arrange the others, and force your dwelling place to express, in some way, your own feelings after what is beautiful and true.

She may not be able to take part in great civic movements. The circle of her influence may be a small one; yet if there is in her an ideal of beauty, which finds its expression in the steadfast improvement of her home, her health and her dress, she is doing true artistic work. All reforms and all progress begin with and work out through the individual."

The home should be a retreat where one could rest in tranquil peace, shut out the cares of the world, refresh the tired system, and hence, the success of its individuals in the outer world. A study of color is one of the great aids in the part of your profession.

I want to speak of the health part of it again for without this all work is in vain. If one cannot be entirely well and strong, then do the next best thing by aiming at it as closely as you can. Keep in your possession two or three good cook books (one is enough if it's the right kind, but the more the better) and pay more attention to the principles than the recipes so that you will learn to put the very best into the system. You have been far more from the principles than from the an-
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recipes, that is of value to you. You can make up your own recipes according to your needs and means. Good cooking means so much to the individual, to the home, to the nation. Good physical condition must bring about good moral standing. If the inmates of the home, both large and small, have to work very hard, see to it that they are properly nourished and have plenty of rest and as much fresh air as possible. Hard work is good for all, if it is wisely limited and accompanied by proper rest and nourishment. Have regular hours for sleep and never neglect them. Late hours, loss of rest, and lack of fresh air, have caused more tuberculosis than all other evils put together. We cook too fast, eat too fast, live too fast.

Besides studying her cook books, the home-maker should consult the public library occasionally, which costs nothing; she will find abundance of books and magazines, though she should subscribe to at least one magazine in her line of work.

The Mother's Magazine, if read carefully all through will benefit and encourage her. One of the hardest things for a mother to learn is how to relax and rest. Here is a little rule given by some doctor: "Never stand when you can sit, and never sit when you can lie." This does help to prevent some of that awful weariness. Never despair, it is fatal. Though one works and struggles and fails, the effort itself is success. Devote at least one-half hour a day to your magazines and books. You can make this half hour serve three things. Let it be in a quiet place, in an easy chair and in the open air. You will then be doing three things at once; getting fresh air, resting and educating yourself—not to speak of the pleasure it will mean to you in years to come. If you cannot get that half hour some days, then find days when you can get two hours and make up the extra time.

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Here is from a noted statesman: "The criterion of a man's character is the degree of respect he has for a woman. I am more grateful to God for the sense that came to me, through my mother and sisters, of the substantial integrity, purity and nobility of womanhood than for almost anything else in the world." This shows that "The hand that rocks the cradle is the hand that rules the world." Is there anything more sad than to hear a father or mother swear at the children; call them hard names and use foul language. Think of what it means to that little life, what a poor citizen it will become, and what a worthless factor in doing God's work. Supposing that they are little "know-nothings" and "good-for-nothings," they are just as nature made them and the little untrained hands and minds are bound to learn if you will just study the simple ways of making them what they should be, which becomes more and more of a pleasure as you advance. You will get impatient and angry at times but don't let it discourage you. By trying you will overcome these things in time, and if another member of the household shows anger and makes it a habit, study the plan of curing it. Never give up, plod on, the result is bound to come, although it may not be for years.

Don't think a magazine or book worthless because you cannot use all there is in it; what is not a benefit to you will be to someone else, and by reading all you can you learn to be more sympathetic and charitable toward others, broader minded and a pleasure to others.

Before closing I must touch upon a sin practiced so much, and so unconsciously in our homes, and seems to me more so among the poor than the rich; it is extravagance. Read what Miss Willard says: "It should not be tolerated in speech, dress, behavior, thoughts or action. Extravagance is the mother of lies and a sister to eventual penury and

shame. I pray for the coming of the hour when we shall eliminate excesses from all our doings. It brings so much more content and happiness to find a happy medium for all actions, to keep the human pendulum from swinging too far either way. When this shall be accomplished the millenium will be thousands of years nearer." Read the "Simple Life." Love the simple life, and live the simple life. This does not mean being shiftless by any means. Another detriment is idleness; it always makes an unhappy home. The girls are listless; they are constantly ill or "blue," never conscientious nor punctual; the boys are indifferent, lack courage and self-respect, cannot assume interest in anything. Don't let this condition exist. Occupation is the great thing and they will find plenty near them to do if they will only search and study it out. Always keep in view the moral training of both boys and girls; the boys should be brought up just as clean and pure as the girls. The children can make mother's steps fewer, and there is joy in finding kindnesses and surprises for each other. A brother's room make as attractive as you can, and the best you can afford. He may not appreciate it now, but in years to come he will look back upon it, and it will in some way, better his character. It seems to me the saddest mistake among the rich is indulgence. Think of the awful effect upon the character of a child, who might be great if he were not spoiled.

The saddest mistake among the poor is shiftlessness often owing to discouragement and lack of interest in life, and a false idea of pleasure; mistake dissipation for pleasure. For instance, the public dance hall, which fills our hospitals with wrecks and our homes with unhappiness, and our society with fallen girls. Jane Adams^{nots} doing wonders towards correcting this evil, let us find help her if it is only by a little word dropped here^{he} is there; it may take root, you no not know. Help you extra

it can't do harm. God takes care of the reward. Fill the mind with good things; let the hand do the duties it finds near, and you will get no time for the bad, or take any pleasure in it either. When tempted to do wrong, stop for just one minute and think:

"One life, and only one, have we,
One, only one.
How sacred should that one life ever be,
Day after day filled up with blessed toil,
Hour after hour bring in new spoil."

"A HOME'S A HOME FOR A' THAT."

"Home and home life must never become commonplace. The little surprises, the remembrance of the birthday, the unexpected treat, the pleasure earned for one by the sacrifice of another—all these belong under our head of spiritual exercises. Nor is there any scene of our life which so demands such exercise as this familiar scene of home, which has to be reset every day."—*Edward Everett Hale*.

"All that I am, my mother made me."
—*John Adams*.

DINING ROOM AND KITCHEN

The dining room should be the most attractive and pleasant room in the house—the kitchen is the most practical.

Weed out what is not needed in both places and arrange what is needed in the most attractive systematic and practical way possible.

If the dining room must be used for sewing, etc., then a pretty screen can be made to match the room in color and hide unsightly things as the sewing machine, bundles, ironing board, etc. Pockets, pincushions, etc., may be hung on back of screen.

It oftentimes has to serve the purpose of living room and music room. In this case, sensibly made and pretty screens are a great help, not only to beautify but to be useful, for instance, to put around the piano to protect it while airing the house or a two panel one will protect it from the direct rays of heat from stove or sun. One of white protects the baby while bathing; also nice for the sick bed.

The glassware, silver and the nicer dishes can be carefully washed on a side table, saving many steps for the weary housewife.

A small rinsing and draining pan can be kept hung behind a small screen. The suds for washing can be brought in from the kitchen in dishpan and carried back, or three pans may be kept behind the screens, one for washing, one for rinsing and one for draining, and also a baking powder can or any dish not very roomy can be hung back of the screen for soap. Then enough hot water can be brought in, in a medium sized pail to do and both sudsing and rinsing and poured back into the one to wash the cooking dishes in, in the kitchen though extra one has to keep a meal waiting which should not ¹

only in case of absolute necessity, it is often economy to wash the cooking dishes while waiting.

Either method will only require one trip to the kitchen for the process of washing. If the side table is a nicely finished one, squares of wood may be kept behind the screen to protect table from the hot pans. Newspaper is not sufficient protection. This method is meant for the older fashioned houses. The later houses are arranged so that it is easier to carry the dishes to the kitchen.

A tray or better a sort of tray basket with a handle saves many steps. Dishwashing can be made a very clean work or sloppy. One can so train themselves so as not to splash a drop of water, thereby saving the labor of so much cleaning and valuable time that can be used for restfulness, reading or studying.

In putting away things from the table after meals, all sticky or greasy things as the syrup pitcher, should be wiped off with a clean, damp cloth. This not only keeps the pantry neat and clean but makes the table attractive and appetizing when set for the next meal. This method also saves the tablecloth.

With aid of one or two screens and perhaps a curtain or two for some doors, paying considerable attention to coloring, using only one color or a combination of well blended colors, the dining room is easy to make simple and pretty; the simpler the prettier.

The inside door or doors can be removed, especially where one is crowded and needs room. It adds much to the roominess.

On very hot days the house should be darkened about 9 a. m. and opened about 5 p. m.; other days it is better to lay newspapers on the rugs and let in the sun and air, this saves fading both cheeks and rugs.

The door between dining room and kitchen should always be closed to keep out heat, steam, gas, etc. A screen or that swings both ways is nice.

Where room is scarce then it should be heavily curtained, white cotton flannel or sheeting on the kitchen side and any material to match the dining room on the other side—this means a double curtain, one on each side of the door.

Where one has to get along with one or two rooms, the method given for washing, is a very good one, as it steams the house but very little if carefully done; steam is very bad for baby, children or one's self.

Always leave a window slightly opened for the escape of steam and let in dry air; the colder the air the drier. This method is good even if the house has a ventilator and an escape pipe or other means for the escape of foul air.

Some houses are made with good methods of getting in fresh air, but no escape for the foul.

The law proving the fault of this is that two bodies cannot occupy the same space at the same time.

In arranging the kitchen, use every inch of wall that can be made use of conveniently to save steps, and all the light that space will allow, at least two windows, three are better.

In buying furnishings, especially for the kitchen, notice whether they are easily kept clean. Avoid cooking dishes especially with rims and handles full of crevices and grooves to catch dirt—some must necessarily be complicated.

There are so many unsanitary and impractical things on the market which will be done away with in time and things more practical take their place as people demand.

Tin tobacco pails make good cooking dishes till one can afford to buy those of good material. They can be kept very bright with ashes and must be well scalded. One can even make a double boiler of them by having different sizes and dropping two or three pebbles in the bottom. Also a steamer by driving a nail in the extra

to make holes. Also an ice cream freezer. Make cozies to fit, being careful not to get cozies too close to the fire. These cozies are very good fuel savers. They need not be washed very often, but set outdoors on a little line to dry and air; two or three of them will last a year or more and should have their place in the kitchen as well as any other necessity for good cooking. Such cooking dishes with a good spider, will last until one can begin to buy good utensils. The heavier your spider and the heavier one or two kettles are for slow cooking, the more scientific the cooking, always remembering that scientific cooking means health and happiness and a fatter purse. If one can afford to have only oatmeal for breakfast, let it be cooked right.

Though the late three or four piece steam cooker is hard to take care of, it is well worth the trouble and well worth the most excellent care of sudsing, rinsing and thoroughly drying, before putting in its place. For with only a partial knowledge of the most used and cheapest combinations of foods, it will cook them scientifically and the food is delicious. Little pamphlets or cook books come with them, or if absent, one can secure it through your dealer or write to the company, whose name is usually on the cooker. These little cook books, if carefully studied, will give you all the knowledge you may need to use, concerning the dish.

The fireless cooker is another very practical and great aid in scientific cooking. The U. S. Army has learned their great value and is installing them for use. Little books go with them, teaching one how to use them. It would be well to heat the cooker with a little covered pail of boiling water set in it about fifteen or twenty minutes before the food is prepared for it.

I have seen some make tea and coffee with baking soda cans, which is all right when the cans are properly prepared for. Both baking powder and cocoa cans are

excellent for steamed puddings, fish loaves, meat loaves and brown bread. They will last five or six years if thoroughly cleaned and dried before putting away.

A little lattice frame outside the window or on the porch, is an excellent way of sunning and drying tins. All cooking dishes should be thoroughly rinsed or cooking will taste of the soap, and the dishcloth used for wiping them should be rung out of clear water and not the suds as so many do. Towels can be used for tin and granite.

A swab made for greasing molds, griddles and so on, can be made of a little stick notched near the end, and a clean white rag tied on, which should be changed often. This can be kept in a rounding bowl or thick white cup, which can be set in warm water or on back of range to melt the grease for use. One should keep two bowls or cups for this purpose, that is to save some of the dripping for greasing and two little jars to save it for cooking, so that a fresh one of each can be started each week (oftener in summer time and less in winter time), and the dripping won't get rancid. Always finish the old one and don't pour it into the new. Nearly all dripping can be saved except that of corned beef; even this of a very fine grade can be used. Chicken fat, using about half butter, is good for cooking. I have not experimented nor studied the fats of other fowls, except goose fat is excellent for medicinal purposes, making salves of medicated oil.

I will not give a list of cooking dishes as they are mentioned throughout with the recipes, but in addition to cooking utensils, every kitchen should have a scrap box or basket for burnable material, a covered pail, which should be cleaned every day, for wet garbage, using this for fertilizer if one has a garden by digging holes and covering, or what can't be burned; a white granite is none too good and a farm house should have one extra

for clean slops, as potato skins and other eatable things. Never feed a pig or cow anything which you would not eat, or rather taste of yourself, or out of a pail that you would not drink. This will help prevent cholera and other diseases among animals—"an ounce of prevention is worth a pound of cure." In addition to these two, a rack or shelf for old papers, a scissors and pin cushion (substitute a wide piece of ribbon tacked at both ends).

One needs at least two tables in the kitchen. One of the old fashioned wash stands with one drawer, with the little board on the back removed, covered neatly with asbestos paper and zinc, is fine for hot kettles which should never be set on the floor. The drawer can be used for cooking knives, forks and spoons and a hanging shelf may be arranged above it for keeping the most used seasoning things—sugar and salt being kept in those old fashioned white and blue covered jars. They seem to be coming back into use again. On the ends of this little shelf, hooks or shingle nails may be put for hanging the most used things, as toasting fork. Another thing which ought to be brought back into use is the little bowl shaped iron kettle our grandmothers fried doughnuts in. When once heated, they keep their temperature and the gas can be turned out some minutes before finishing. They save grease and can be used for many things besides doughnuts. I hope a little, heavy iron spider will be put on the market, for browning onions and things for flavoring, which adds so much to most dishes. For the farmer's busy wife, a one-burner gasoline or blue flame kerosene stove is a great saving of labor for long simmering. The burners should be plunged in hot suds occasionally to avoid odor. On ironing day, an asbestos mat can be placed under a simmering kettle when fire is too hot; the more irons you have the less fuel is needed, requiring only a little better than a slow fire.

Place the ice box where it will be cool. If it must be

kept in the kitchen, screen it from the heat. If the cellar stairs are wide, a shelf or support can be made to place a small ice box on, in a handy place. The storeroom or pantry should be well curtained to keep out the kitchen heat. Flour sacks are very good for curtains if washed, bleached and neatly made. One can buy them at the bakery for a cent or two a piece, very dirty, but soaking and several rinsings before washing, pays for their unnumbered uses. One thrifty housekeeper I knew, made dresser and wash stand covers and even lunch cloths, by making a rather wide hem and starching them.

All bedroom furniture should have two sets of covers, so that one set can be changed when cleaning. Some little convenient shelf or contrivance with a railing for all kinds of covers of kettles can be placed near the range—saves lots of time and “back-breaking” hunting for them.

The old-fashioned abominable sink! If you can't afford a carpenter, go at it day by day till the sides are all removed, then hold up with two iron brackets or wooden ones made by a carpenter, or one bracket is sufficient if one end of sink is near a wall. After having the carpenter work done, paint the outside any color that always looks clean. A thin coat of varnish over the paint will make it last for years. An all-white kitchen or a very pale blue is cheery as well as clean. The nearer the sink is to the stove, the better; also one table. Drop shelves make good kitchen tables.

Then over the sink, place a shelf or some handy contrivance so that a small whisk broom and a toy dust pan can be hung so they will drip into the sink; also a dipper and wash basin. A whisk broom will last four or five years if it is hung up by a ring at end of handle every time it is used. The newspapers should be placed near the sink so that the dirty dirt can be put on one and burned and clean garbage can be lightly picked up with

those two little tools and if on a farm, saved for pigs and chickens—in small cities some men will call for those things for different uses, while there is a certain amount which must be taken by the garbage man. Where one has no range, dry garbage can be burned out of doors and the ashes neatly swept up and put in garbage pail, or if one has a little garden patch burn in a little hollow and rake dirt over the ashes, which act as a fertilizer.

Never allow a dish cloth to become foul smelling. Always hang out to dry when through with, giving it a good scalding occasionally; or better still, have six or eight and wash with the weekly wash. Save dish cloths by using rags from the scrap bag or box for the blackest things and for scouring. The sink and other drains should be scalded with strong, hot lye suds or other good strong suds; lye alone is very effective, but let it stand for a while without running water through.

If the sink is old-fashioned, the woodwork can be protected by the use of white oil cloth tacked just above it, bring it down over the edge so that all water splashed, will drip into the sink and not on the woodwork. Let everything in the kitchen have its proper place and keep everything in that place. This is a nerve saving method and a promoter of health.

The selection of a range, whether gas or coal, should be careful, plain, practical and easy to take care of. If a gas range, get one that requires the least stooping; if a coal range, see that the floor is protected against ashes and coals falling when the ash pan is removed. It is well to get one that the fire box can be raked out from underneath by means of a door in the front. Many of the steel ranges lack this. No matter what kind of a gasoline or kerosene stove is used, the burners should be well cleaned with hot suds. Most burners can be removed and put into the suds. Tooth picks and matches aid in keeping them open.

LAUNDRY

TO WASH FLANNELS

The secret of drying clothes in winter is to get them on the line as early in the morning as possible, and the earlier they are hung in the summer time, the whiter and cleaner looking they'll be, as the atmosphere has cleaner and better drying properties then than any other part of the day. Putting on the line quite wet at night in the summer time and let hang all night will often remove stains and whiten them.

The secret of washing flannels is not to put them in either too hot or too cold water. If ironed, which a few need, as outside flannel waists, etc., have the iron hot, but not quite as hot as for starch clothes, and iron on the wrong side, where there is no lining, otherwise fancy things look better if pressed under damp cheese cloth. This gives them a new appearance while the direct iron upon them, makes them look shiny.

Before starting to wash them, have three tubs or pans, two containing suds and one rinsing water, all of nearly the same temperature which is a good luke warm. The rinsing water need not necessarily be warm; it may be softened with borax or ammonia. Either ivory soap or wool soap sliced into a kettle and melted on back of range to make the suds, putting half in each tub, is best for wools. The common laundry soap shrinks them. Slush through the first suds with little machine, say about four minutes, without rubbing soap on them, except a little Fels Naptha on the stains and grease spots, if any. Wring with the wringer into the second suds, slush a little more, turn wrong side out and wring into the rins-

ing water. Rinse well and wring with the wringer screwed rather tight. The tighter they are wrung the cleaner they look. Shake well and if the thermometer is below freezing point they should be hung in the house, though one should avoid doing this as much as possible by picking out a day that they can be hung out at least for an hour or so before hanging in the house. Even if dried in the house, they should be hung out before or after drying. Avoid freezing if possible. Any clothes dry faster in the house if first hung out of doors an hour or two of the day. If a piece happens to be very dirty, as baby's play coat, a little of the suds can be put in a pail or dish pan for third sudsing.

Flannels are expensive and it pays to be a little fussy with them. If cared for in this way, they will last two or three seasons, according to one's occupation.

Some of the heavy dress goods, as serge, can be washed in this way, without injury. Cravenette coats wash very nicely, also black broadcloth; the broadcloth will shrink a little.

Never hang any kind of clothes in the very hot sun; hence early morning is best. The shade is best, if hung out at noon in warm summer. Always loosen the rollers on a clothes wringer before putting away.

AN EASY METHOD FOR REGULAR WASHING

Soak clothes about fifteen minutes in cold water. Add a good kettle of hot suds made with Lenox or some good soap. Slush about three or four minutes. Rub real soiled spots with Fels Naptha. Wring into second tub and pour over them real hot, but not boiling, suds made with Galvanic soap (about a bar to a tub of clothes). Slush about a minute to distribute suds evenly through clothes. Then cover and let stand fifteen to thirty minutes—depends on how dirty; then slush well for four or five minutes. Add more water if it is necessary so they

will slush easily. Rinse twice, though the first pieces will do with one rinsing, but as the water gets sudsy, the last need another rinsing; they should be rinsed and shook well, which makes them iron easier. Where the bath tub can be used for rinsing, the clothes can be just lifted from the hot suds without wringing, into a small tub or large pan of cold water, then wrung lightly from that into the rinsing water, one can save lots of suds in this way and this suds is very nice for the first washing of colored or very dirty pieces.

Ammonia, or borax, can be added to the rinsing water when one can't get soft water. This is an excellent method and does not rot or wear the clothes. No rubbing to speak of, no boiling and no "dead" fatigue when done. Where it is necessary to boil, keep doors leading to other part of the house closed, to keep out dampness and a window open will let out the vapor and keep the kitchen or laundry drier and healthier.

It is better for the hands and better for the clothes, to rinse in warm water. If the day is stormy, they can stand all night either in the galvanic suds or the rinsing water. In the morning, add a kettle of hot water and pounce with the machine a little.

Oftentimes stains will not come out on the wash-board, as feet of socks, etc., which will come out by rubbing the goods in single thickness between the hands, with plenty of Fels Naptha.

TO MAKE STARCH

Cold Starch is simply made with about a teaspoonful of starch and half a cup of luke warm water; add a little borax. Dip the parts to be starched and fold in cloth for an hour or so before ironing.

Boiled—Blend starch in a bowl with a little borax and cold water; stir into boiling water as blending flour into

gravy and when it comes to a boil, remove. This method never fails.

When there are a number of things to starch, put in tub and put through wringer. Never let clothes freeze after starching. On cold days, things to be starched should be hung out with the rest of clothes and starched after they are brought in. Shaking of clothes is half of the ironing done.

Dampen over night is best as the dampness has time to even, owing to the law of capillary attraction, and they iron easier. Wools need only be wrapped in very damp cloths or towels as they absorb moisture very readily.

Not necessary to dampen sheets and pillow cases, baby's napkins, everyday towels, etc., as it only takes a few minutes to run the iron over them and fold while one is dampening the clothes. They may be sort of folded with iron so they can be put away, as these things are really better not ironed.

A damp towel thrown over basket or wrapped around starch clothes, helps to make the dampness even. The tighter rolled the more even dampness, though not necessary to roll so tight if they stand all night. If too damp, they iron stiff instead of soft.

Ribbons should be real damp and if ironed with a moderate iron will keep their new look for a long time.

As the hands are usually sore and tender after washing, a small whisk broom is very nice for sprinkling or a very small sprinkling can, either sprinkles more evenly than the hand.

LAUNDRY UTENSILS

A table about as large as an ordinary kitchen table.

A large dipper or medium sized, clean, granite kettle used as such.

A gravy strainer to strain the melted soap with if in a hurry with a few pieces and can't wait for it all to

melt. Cheese cloth or towel is better for straining water.

A little slusher washing machine which resembles an inverted funnel, with a handle on it. An old broom handle is fine for those little machines. These little machines are excellent for rinsing as they take all the suds out of the clothes.

A clothes wringer with or without folding bench, with the widest rollers that can be bought at a reasonable cost, which is eleven inches. There are wider ones, fourteen inches, but the price is beyond most people's purse, being about fourteen to sixteen dollars. The wider the better for bed pads, blankets, rugs, etc, which can be wrung more easily.

Especially valuable on a farm where there are so many horse blankets and blankets to cover milk, overalls, etc.

Two tubs will do, but three are more convenient.

A wash bench where the wringer has not a folding bench, and an old chair.

A large pail and a dish pan.

A wash board, three ironing boards—one large, six and one-half feet by fourteen inches, which is fine for the large pieces, one small one and a sleeve board which can be used to take the place of the small board. The small board is handy when sewing and when ironing baby's dresses, etc.

A little cupboard made of a box, to keep laundry things in, such as borax, ammonia, etc.

A small scrubbing or hand brush to scrub the most soiled parts of overalls or greasy spots on heavy pieces.

A tiny wash board and little brush are nice for the everyday washing of baby's napkins.

A bottle of ammonia (Household); also a small bottle of the spirits of ammonia (Hartshorn).

Very heavy rugs can be rinsed with the little slusher machine in a tub of water out of doors, and hung

in a shady place, or all night to drain without wringing ; when well drained they can be pinned on line. They should first be scrubbed with good suds on the floor, either using broom or scrubbing brush, or across the board on a tub. If done on the floor, use plenty of newspapers so as not to injure varnish or linoleum. This means cheap rugs used for kitchen, bathroom, cellar-way, etc.

FLATIRONS

These will not do good work unless scoured occasionally with ashes or sapolio and rubbed often with kerosene. It is good for both irons and clothes to not put the irons directly on the gas and use the gas as low as will do good work. Most all hardwares have excellent gas savers.

TO REMOVE STAINS

Soap sets ink and other acid stains.

For ink stains, the process of removal must be repeated again and again. Ink should be removed while wet, by dipping in pure spirits of ammonia and rinsing. Repeat till finished. If the ink has become dry, saturate with lemon juice or vinegar and rub salt in, changing clothes and salt very often ; hang in the sun and keep moist by repeating hourly this treatment. At night soak in clear, soft water. Next day wash in the usual way, adding a little kerosene to the suds. Repeated doses of sweet milk is also good. A rug ink stain will yield to repeated doses of vinegar, rubbing out with dry salt.

Iron rust requires the same treatment.

Javelle water and oxalic acid will draw out the color and weaken the goods if not rinsed quickly and carefully after using. It is more harmful than the more simple remedies.

Sweet or sour milk, or buttermilk, fresh, will remove

ink stains if the milk is changed about every fifteen to thirty minutes. It takes two to three hours, the milk being only a little colored each time.

Cream of tartar rubbed in with hot water and repeated in the sun, as with lemon juice and salt, is also a good remedy but rather slow. After repeating, run a stream of boiling water through and repeat. If not removed first day, soak all night in clear water and repeat second day.

An ink stain on a rug can be removed by sponging well with skimmed milk, using only one cup at a time, and changing the milk as soon as discolored. When the milk does not darken any more, then rinse with clear, warm water and cover with corn starch, let stand for a day or two till it can be brushed off dry. Benzine is good.

Stir about a teaspoonful of cream of tartar into a quart or more of water and boil rusty white things in it, and the rust will disappear. Repeat the process if necessary.

Coffee, tea and fruit stains can be removed very quickly by stretching the garment over a basin or tub and pouring boiling water through it. If the stain does not yield to this, then the lemon juice treatment will remove it. Sometimes borax water used as the lemon juice and salt is very effective.

TO WASH A MAN'S BEST SUIT

For the pants follow the rules for flannels. Coat and vest can be sponged, but not dipped, in two or three clean suds and two or three warm rinsing waters with ammonia. Let hang outdoors in shade till about half dry, have ready a roll of five or six pieces of cheese cloth which have been dampened the night before. Press the suit under these, but never put the iron directly on them. The padded part of coat sleeves can be pressed with a rolling pin or sleeve board. They will look like new.

Use heavy irons and considerable strength. They must be first brushed well, turning the pockets. The pants should be creased down the front—just put a little extra dampness on cheese cloth at the crease.

To press pants not washed, first brush, turning wrong side out. Take the bag out of the knees by pressing a little on the wrong side, then turn right side out and proceed, putting seams together and pressing the inner side of legs first. Put legs together and give the outside of legs just a little pressing. Hang upside down in just this shape. If always so hung they will keep this shape for almost six months where one is careful of their clothes.

BABY'S COATS AND HOOD

Follow the rules for flannels, only use three suds if necessary, and some add a tablespoonful or so of turpentine also a little borax or ammonia, or both, to the rinsing water.

NEW WASH DRESSES

Turpentine and salt will sometimes set colors before washing new figured dress goods. Let soak one-half to one hour.

TO WASH LACE CURTAINS

Rinse two or three times in cold water and proceed as with regular washing. Hang out, when dry, bring in, starch and stretch.

Four will dry in about a half to one hour. If in haste they can be washed and put back on window in one hour.

CLOTHES BARS

Take four or five little poles, say about three-fourths inch in diameter and six and one-half or seven feet long, and arrange side by side about six inches apart; fasten

both ends of each one, into an inch board, about two inches wide and two feet long. This makes a frame having as much room for clothes as any common clothes bars. Then attach to the ceiling, by means of pulleys and hooks, as near to the stove as possible, having one pulley near a door or window, so that the rope can be brought over it and tied on a hook below or at any convenient height to handle. The bars can be raised or lowered by means of this rope.

The law of heat is that it rises above the cold air, so the higher the clothes, the faster they dry; they are also up out of the way. It works on the same principle as a hay fork, only it needs more pulleys to balance.

HINTS

Rinsing in warm or even very hot water and let stand a few minutes, will whiten clothes. Wringing real tight also tends to whiten.

A wringer is best for flannels or any nice piece as the hands pull them out of shape more or less.

POCKET ON IRONING BOARD

Tack or pin a large pocket of white goods doubled at the wide end of the ironing board, to keep stand, holder, wax and cleaning rags in. It is well to keep the wax tied in a corner of a rag. Ends of paraffin candles are nice to clean irons.

The ironing board can be placed on two strong hooks or pegs about three inches from the floor. It is better for the board and saves moving it when wiping up floor. Floor dust is hard on anything.

If starch should get lumpy, strain.

To save gas on ironing, don't fold clothes till you are through. Turn gas low and go to rest fifteen or twenty minutes; when you come back irons will be hot. Save self as well as gas.

To hang little things out in winter, pin with new pins onto towels before going out; this saves the hands and the hard work of getting them off the line after freezing. Short lines may be taken down carefully and the clothes taken off after being brought in in freezing weather. Save both hands and clothes. Thick cotton flannel makes good mittens for hanging clothes. Two or three pairs are none too much; they are easily washed and kept clean.

Clothes line can be washed in hot suds, put in a cheese cloth bag, and hang on the line to dry. If kept in a clean bag it need not be washed more than once or twice a year.

If lace curtains must be pinned on the floor, they can be dried quickly by using a hot iron.

Use quilting frame with sheet for stretching.

TO RID THE HOUSE OF PESTS

Rule for methods—"search and you will find," persevere and you will conquer. Go after pests as a hunter goes after his game.

Flies—"What is home by flies infested; 'tis a torture place congested." To get rid of these is not much trouble if carefully managed and made easy to attend to. One housekeeper darkens the kitchen and living room about four o'clock p. m., which is their hungry time. One ray of sunshine is allowed to shine on a plate spread with poisoned paper and sweetened water (set on newspaper spread out to hold the dead flies); this is very effective if paper is doubled or tripled. Every fly indoors finds this tempting dish (especially a day before a storm when they are so stingy), and in a short time the house is cleared of flies for that day. The fresher the paper the better; change at least every third day.

The brown fly paper to be moistened is the best remedy of all if properly used. All that remains when evening comes can be killed in a few moments with a little fly killer.

Plates of well moistened doubled or tripled fly paper placed outside the kitchen door set on shelves above head level, or boxes opening out, that is the bottom tacked to side of house. It should be moistened two or three times a day in hot weather and changed and cleaned every other day. The open boxes are better than the shelves as they protect the paper from the sun. The dead flies can be brushed up two or three times a day, rolled in a piece of newspaper securely and put in kitchen waste basket to be burned.

Where there is a porch, part of it should be screened, as flies will gather under the roof. Some tack strips of paper to the screen door, but this is not very effective, except on windy days. Wipe the screen off with kerosene.

Another method is to place saucers of cold water with a pinch of quasia chips in it, in every window. This only needs changing twice a week. It is clean, non-poisonous, and costs but little. Quasia cups can be bought at a druggist's for a few cents apiece. One is probably enough for a season, chipping it as needed. Two teaspoonfuls of formaldehyde in one pint of water placed on plates or saucers is also very good.

Another method used by a thrifty housekeeper, which is very good where there is much running in and out of doors. Lay doubled or tripled fly paper moistened well in sweetened water, on both middle and lower part of windows, on a double layer of good quality of paraffin paper, to protect paint or varnish. The paraffin paper can be sort of bent up to form a little pan. Wet two or three times a day as required, best late at night so flies will get it early in the morning. This is an excellent method, as at night scarcely a fly will be seen on the ceiling. They are easily brushed on a dust pan with a quill or whisk broom. The windows get soiled soon, but it is easier to wipe those with a damp cloth than to be tormented with the dirty pests.

It is worse than useless to brush them or chase them out of the house, as the next day the same are back again with a few more, and the day after more still, till the house is soon a fly cage. The fly cage helps a little. Every little helps. At a picnic the tablecloth can be sprayed with a little water in which is some oil of lavender.

When we consider that flies only move about three or four hundred yards from where they breed, it is an

easy matter to get rid of them if yards are kept clean and everyone does their part towards killing them; and if true that they breed only in horse manure, why not disinfect the stable once or twice a week and not have any at all, as in the city of Paris. Flies are a disgrace to any house or community. In the autumn when they are so bad, they should be swept down from the porches on cold mornings and burned. This can be done oftentimes in September. Burn pyrethum powder in the house. It will kill most of the flies, and those it does not, will fall stunned, when they may be swept up and burned. A mignonette plant kept in the room is also an enemy to the flies—a drop of oil of lavender in a bowl of water helps also.

Sticky fly paper is a second rate destroyer. It will kill almost four times as many flies if bent over a cup or rolled and the edges trimmed off. It can now be bought with a sort of little pasteboard pan for rolling. It should be kept in a cool, dry place, and should not stand longer than two days in use unless weather is cool. Little boards of convenient size can be kept to tack it on to keep it from blowing onto things and do damage. Tack newspaper with it. If it does get on anything, kerosene will remove it easily.

Make a frame and cover with wire or mosquito netting to put over the baby when sleeping out of doors. This should be washed often and kept very clean so that baby will have clean, fresh air.

The little hand fly killers will soon finish all that any of the foregoing rules don't; especially valuable in the sick room. A folded paper makes a fair fly killer. Let everybody join hands and get rid of the flies and thereby help all the good associations to get rid of tuberculosis, typhoid, etc. Use all the methods combined. Get rid of them! "A fly killed in April is worth a million in July."

Mosquitoes. In the South a layer of pebbles is

placed in the bottom of several medium sized flower pots. Pieces of moistened blotting paper liberally sprinkled with pyrethum powder are dropped on top of the pebbles and lighted. The result will be a smouldering flame. These may be placed out doors wherever you wish to sit, or it will be an easy matter to clear a room of mosquitoes in a short time, with the fumes from the flower pot.

A smudge of this kind does not make any dirt and the mosquitoes are soon overcome with the fumes.

The castor oil plant is grown upon some lawns. When retiring, take a leaf and bruise it so as to bring out the odor. Wave it a minute or so to fill the air with it, when the mosquitoes will soon disappear. If only a few in the house, slap with a paper and burn.

ANTS

There are several remedies for ants.

1. To keep them off the porches, swab the under part with kerosene or oil of sassafras.

2. Place a spoonful or so of paragoric in a saucer on the shelf.

3. Mix plaster of paris and sugar among dry groceries.

4. Put bruised tansy leaves on the shelf. Keep some in a fruit jar on purpose for them.

5. Dash red pepper here and there.

6. Put one-fourth teaspoonful of sugar in a heap in icebox or on shelf and when they gather, throw about a half cup or less of boiling water on them; wipe up quickly with a rag and burn. Repeat the next day or perhaps the third day. They won't bother much more.

Follow them to their nests out of doors and put kerosene on their nests.

Fleas.—If the poor house dog or cat is afflicted, get a good flea soap from the druggist and use it for his

bath with good warm water and plenty of room to souse him good, being careful of his eyes. A foot bathtub does very well if animal is not too large.

If this does not finish the fleas, after a few days of treatment, then resort to a careful use of kerosene, being careful not to blister, as their coats are rather thick. Rub carefully over the top of the fur. They should be kept out of doors as much as possible.

If they should get on the sheets, roll the sheet up carefully and stick into hot water, as it is almost impossible to catch them. If very bad, use plenty of green pennyroyal, especially on floors, and let stand till it begins to dry, then gather up and burn. Then wipe up floors and closets with warm water in which is a little oil of pennyroyal. Put plenty of sticky fly paper under the beds, dressers, etc.

Lice.—Another pest the housemother must watch for in the children. Three daily treatments of kerosene, fine comb and newspapers (to prevent them from getting on anything else), will silence one's worry on that point. Do not bandage the head or the kerosene will blister. Kerosene is good for the hair.

Another method—Rub on tincture of quasia on the scalp and tie towel on at night. In the morning the towel only needs attention. Take off with care and put into a bowl of hot water.

Bed Bugs.—Handle bed bugs as you would cut glass as it is easy to carry them from room to room. Gasoline will not injure your beds; put on plenty, shut the doors and windows and get out of the room. Let stand as long as you can and go back, open up and brush onto newspaper any that you may find, and burn. Repeat this treatment once or twice if necessary, about a week apart.

The careful use of a good poison with a little oil can which penetrates all the crevices and pesky places and

the inside of loose mop-boards or cracks in the wall, will banish them if used once or twice a week till the last trace disappears, and it is well to use it once or twice a year, if none are seen. It is not necessary to ruin varnish or mattresses. And before papering or morescoing a wall, dose the cracks and holes, for if eggs are there, they will work out through either paper or moreasco.

Moths—Drop little cotton balls with a few drops of oil of cedar here and there, into closets, boxes, rooms, drawers, and any place they might be found.

Rats and Mice—The poisoning of these is not a good thing as they die in the house. The best is to smoke or scald the traps. Tie on the bait, cover with a cloth loosely and keep up banishing them. Where there are a great number, use the wire cage for rats. Keep food under lock and key and they will go for the bait. The work gets monotonous, but they are so destructive and annoying that it pays to keep at it every few weeks.

Cockroaches—Keep sink and all drains well scalded. Some sprinkle borax around where they may be. A dry, well lighted house and cellar is seldom troubled with these. Some druggists prepare a powder to banish them.

HOUSEHOLD HINTS

"Cleanliness is next to Godliness"

To remedy damp salt so that it will shake from the shaker, warm in the oven, or mix it well with a little flour or corn starch. An inverted tumbler over the salt cellar will keep it from getting damp. Roll after drying in the oven.

Newspapers are invaluable in the kitchen. A rack or shelf should be kept on purpose for them, and if folded separately when placed on the rack, are more convenient when needed in a hurry. Great dirt and labor savers, also for warmth and coolness.

The clean papers from groceries can also be folded and placed with them. They are very nice to wrap bricks in to warm a bed, and other purposes. The newspapers, no matter how clean, will color the sheets.

Bricks warmed in the oven, are better than flatirons or stove covers. They have no ill effect on the body, while iron has.

A few of the uses of newspapers :—To clean fowls on; peel onions on them and roll up and burn the skins; to roll the dirtiest dirt from the sink in or any dirty rags, and burn; to lay upon the kitchen table to clean and polish kettles, spiders, lamps, and so forth, on; to wrap coal in and put in the stove where there is a sick person, (prevents noise); to wipe off the top of the stove, though an old stocking just touched with kerosene keeps a range in excellent condition and does away with a great part of the miserable process of stove blackening which should be used just as little as possible and as sparingly as possible; to handle soft

coal with to save the hands; to wipe hairs and threads from the broom onto another paper or into waste basket while sweeping, and catch the "puff" balls; to lay the dirt on while cleaning, which can be rolled up and quickly put in stove without smoking the house or making unnecessary dust, of which there will be plenty without making extra; to save furniture when it is necessary to set anything on it, though not sufficient protection for hot things unless very thick, as an old magazine; old magazines are nice to use for hot flatirons when ironing; to lay over the back of varnished chairs when it is necessary to hang an ironed piece on it, as a shirt waist; to change or lay dirty shoes or clothes on when a man comes in from the barn or factory, thereby saving both floors and hard labor; to wrap comforters and blankets in to protect from dust where one has not enough drawers, shirt waist boxes, etc.; better dust proof if tied up neatly. Wrap with wool things, a few cotton balls with a few drops of oil of cedar in little paper bags, which protects them from moths when stored away in summer. White things should have a layer of white paper first, as the ink might color them. Wrapped over a tender or sore limb or arm outside of the dressings, several thicknesses are as warm as a buffalo robe for a long, cold drive; to protect chest and ankles on a cold windy day; put upon the bed when short of bedclothes, to sleep with the open window; to pin around the sink and back of the bath tub or range where grease spatters, to protect the wall, and where spiders or any cooking dishes are hung; to protect the floor where the kerosene can sits, better wrapped around a little board; to protect mattresses from rusty springs or the upper part from soil, though old pieces of cloth or flour bags are better for this purpose; should be neatly washed and sewed together to fit; to use around the stove when taking

out ashes; to use under the mop pail; to drain the broom upon, also the scrubbing brushes; to swish a wet broom upon when brushing up a carpet or rug, the broom can be made dry enough that it will not injure or dampen the rug in the least. This method cleans the rug nicely if a little warm ammonia or borax water is used for the broom, but the water must be changed as soon as dirty. It is surprising how much dirt one finds in the pan of water. It is well to use two brooms, having one dry, when using this method.

The children would enjoy making a box full of circles and squares occasionally, to use on the dining room table, to put potato skins on and other things, thereby saving the table cloth and lots of washing for the busy housewife.

Save all paraffin paper from cracker packages, etc. It is nice to use in putting up lunches, baking cake and many things.

When making beds, never allow the bed clothes to touch the floor; this protects them from both dirt and germs.

If the upper sheet is drawn up about six or eight inches at the head of the bed, more than is needed, and then folded back over the blankets and comforters, which should be drawn even with the head of the bed, and then the spread put over that, the comforters and blankets can be kept for years without washing. They are never nice after washing. The only cleaning necessary is a good airing and brushing on the line, three or four times a year, on days that are a little windy, but no soot or dust falling, usually a day or two after a storm when the atmosphere is clear.

The old fashioned method of taking off spreads at night, is not practical. They can be washed often and should be left on to protect comforters, which are not easily washed, and no matter how carefully they are

washed, are not so good. If necessary to wash them, follow rules for flannels. The lighter the spread the better. Some use seamless sheets for spreads.

The fresh air will do abundance of cleaning and save so much washing, rubbing and scrubbing if we will only let it. If sheets are shaken out in the air every two or three days, being careful not to let them touch the dusty window, they need not be washed more than once in two or three weeks, unless weather is very hot and dusty, when they should be changed every week, and every day where there is an invalid. Then remove the lower sheet and make the upper one the lower one till changed again. Light blankets used as sheets should be washed as often as sheets. They should be pieced and made wide so as to cover the mattress, that is, in the form of a sheet.

Where there is sickness it is well to keep two sets in use, hanging one set to air while the other is in use. This is even safe in contagious diseases if there is plenty of sun or frost, otherwise they should be scalded or sprinkled with a little formaldehyde rolled up for a while, say two or three hours or over night, and then hung out. This means sheets not soiled.

Formaldehyde is one of the simplest and easiest disinfectants to use. Write to your nearest "Board of Health" for pamphlets on disinfection. This work can be made easy as well as other work.

There is no sense of pulling and tearing a house to pieces for disinfection. Keep it clean and dry with lots of air and sunshine. Sprinkle formaldehyde on towels here and there—close the doors and get away—after three hours or more open up and the house may be likened to the Colorado air. After brushing and sweeping up the kitchen, it only takes a moment or two to throw a clean, dry mop cloth, or one almost dry is better, on the floor, and with a broom rub it quickly all

over the floor, turning it once or twice, and then shake out of doors, closing the door so the dust won't blow back into the kitchen. This keeps the kitchen sanitary and free from dust, especially when the door is opened, the wind will not diffuse the floor dust through the kitchen, and it won't be necessary to wash the floor more than once a week, unless there is a great deal being done, as canning, etc.; then every day is none too much unless one is real careful.

A good thick rug in the kitchen where there is a great deal of walking through, will catch dust and particles of dirt from the shoes and prevent its being carried to the other rooms. There should be a change of rugs so that one can be washed every week or so. Old strips of rag carpet make nice kitchen rugs, and when clean, give the kitchen a cozy appearance as well as helping to keep the other rooms clean by catching the dust from shoes. The kitchen floor, if white maple, is much easier kept clean and sanitary if given a coat of varnish from time to time. It prevents the pores of the wood from absorbing the dirt. The floor should be thoroughly scrubbed with suds and wiped with clear water, and stand long enough to get thoroughly dried before applying the varnish. Then about once in six weeks is sufficient to give it a good washing on hands and knees, other weeks a slight mopping, not too wet, keeps it very nice with everyday dusting.

Strips of linoleum laid where there is a great deal of wear on a painted soft wood floor or varnished hard wood, will make it easier to clean and the paint last a good many years if it is done well and not too strong suds used in cleaning it, the same method for painting as varnishing. Clear water can be used most of the time and a rubbing of oil and turpentine with a soft cloth occasionally, helps to both preserve and clean it. Must be rubbed quite dry so that one can

walk on it immediately, the same method as for polishing shoes, only use cloths instead of brushes, one little cloth to put it on and another to rub it off; change cloths frequently, and burn.

A little cupboard made of a box and a pretty white curtain put on it, is very handy to keep all cleaning materials in, such as a bottle of kerosene, turpentine, linseed oil, silver polish, metal polish, brushes, pieces of flannel, and old soft, clean cloths (these had better be kept in small flour sack), etc. They keep cleaner than on a shelf, though the shelf is very handy.

Liquid veneer is a very fine cleaner, but rather costly, though it is better to have a little for the piano or any nice pieces of furniture. Kerosene, if used with plenty of clean, soft cloths, is nice for varnish, especially nice for varnished floors. A small cloth for rubbing on and plenty of larger ones to wipe off.

If woodwork is wiped with a cloth wrung out of clear water after washing it, and then wiped with a soft, dry cloth, it will retain its luster and keep clean longer as the shiny surface won't take up the dirt so readily as the rough dry. Woodwork, except the kitchen, need not be washed every year, simply dusted and when it is washed, it is well to get along without suds if possible. Sometimes a cloth dampened with kerosene will remove all the dirt, and oftentimes cold water will remove spots that other things don't affect; a vigorous rubbing with linseed oil will hide blemishes. Get along without suds, if possible, except in the kitchen.

The wall paper can be nicely dusted by putting clean, soft cloths on the broom, for the high parts of room, changing very often; for the lower parts, simply dust or wipe rather softly with very clean cloths. Paper thus cared for, not in a smoky town or city, will wear very nicely for ten or fifteen years.

On cleaning day, if one carries with them a market basket containing a whisk broom, dust pan (metal crumb tray), one soft old clothes brush, and six or more clean dust cloths (very effective if just very slightly sprinkled and rolled over night) and some newspapers; also a fruit jar of "dust down," etc.

As each cloth gets dusty, place in the basket and take a clean one. This saves going out doors to shake the cloth so many times, and when done, all can be shaken together, making only one or two trips, saving steps and strength. A dust cloth should never be shaken in the house. This method makes the cleaning much quicker and easier and sanitary as well. It is easier to get the dirt on the dust pan with the whisk broom than the broom. For those who cannot stoop easily there are now dust pans with a high handled attachment.

Clean sawdust dampened over night (not too damp), makes a good dust down as well as a fair rug cleaner, as the dust does not sift under the rug so much. It can be slightly dampened with a little ammonia water and borax if inclined to be mothly. Corn meal is good, also salt, but these are more costly than sawdust. Regular dust down, with directions for using, can be bought at most of the hardware stores. Clean, soft mop cloths slightly dampened over night, dust the floors and rugs very nicely after sweeping. Floors should always be dusted whether hardwood or soft.

A mop wrung tightly out of clean, warm water, rubbed over a rug, will brighten and clean it; also keep down the dust, being careful not to get the rug damp, if nothing is at hand to keep down the dust. A box (empty breakfast food) or bag (small) of rather small pieces of old rags, kept near the sink, are fine to dip in kerosene to clean the outside of kettles, bathtub on both sides, sink, etc. It is not so wearing

as sapolio and will keep things bright for years. Each cloth should be burned when used, or thrown in the kitchen scrap basket after wrapping in paper. A little box full or a 25-pound flour sack cut in two, will last two weeks. This cleans wax candles that are kept on the dresser or mantle.

Gasoline is very nice, also, only be careful about explosion. The bottle will pop open if kept in too warm a place, but will do no harm unless there is a light or blaze near.

These old rags are nice to clean anything spilled on stove or floor or a "mess" of any kind. Cut into about 8 or 12 inch squares, some larger, some smaller, before putting in the box for use.

A scrap basket kept in the kitchen for things to burn is easier than lifting the range cover so many times—makes less dust and smoke. Anything with an odor can be rolled in newspaper, then once a day or once in two days, the whole contents can be rolled in newspapers and burned, or sometimes there will be fuel enough to get a luncheon or supper if carefully planned, and save wood, as well as not having such a hot kitchen. This will blacken the cooking utensils a little, but they can be easily wiped off on a newspaper with a little rag and kerosene.

When the broom is wet, it should be hung down so that it will drain and dry quickly. It will wear much longer and is more sanitary. A screw-eye in the head of the handle makes it handy to hang where one has not a broom hanger. The mop handle can be fixed the same. Mop rags should never be left in the mop—a very bad habit—they quickly become foul smelling and unsanitary (an excellent nest for disease germs). It takes but a moment to rinse the mop cloths out of clean water and throw on a little line outside the kitchen door, fixed for that purpose. A

little frame make with a galvanized wire is best; nothing equal to out door drying. Mop cloths so taken care of will last two or three months. On wash day they can be dipped in hot suds after the wiping up is done. Scrubbing brushes and other brushes can be drained bristles downward on newspapers. It is both clean and sanitary, prevents foul smells and adds to the life of the brush.

A box or little bag can be kept handy in the kitchen for dropping strings from groceries in. If wound on the hand, they won't become knotted, or a large spool can be kept on the kitchen shelf. The children would enjoy making balls or winding them on spools or cards cut from thin pasteboard.

Another occupation of much joy to the children and a great help to the busy housewife, is cutting paraffin paper to fit cake pans, steam molds (baking powder cans), etc. They will draw the patterns themselves if given the tins for models. These can be kept in a clean pasteboard box with straws from the new broom or a knitting needle for testing cake.

A clean crumb tray and whisk broom should be kept handy to brush the wrinkles from the lower sheet when straightening the beds. It keeps the sheet clean longer and saves making the bed up all through every day.

If house cleaning is done, little at a time, say one or two hours each day, as cleaning a couple of dressers one day, a clothes closet the next, repair a rug the next, and so on, for about six weeks or more, it saves that awful dragged out feeling one experiences often when using the old fashioned method of cleaning, and sometimes doctor bills, not to speak of sparing the horrors and commotion of house cleaning. Though there may be one or two days of hard work where a room or two needs re-decorating, but if carefully man-

aged and not soil the other rooms while so doing, it will save both nerve and strength and not seem so unpleasant. If done in this way it seems to do itself and no one knows it is going on.

House cleaning should be made a joy, seeing how nice one can make old things look, and spending as little money as possible. A good rule to keep in mind is to make things look as good as possible with the least money. When fixing up one thing, another is suggested, so that by the time one is all through, the house is very respectable looking.

Linoleum worn in the center can be cut with a metal ruler or carpenter's plane and sharp pocket knife and transposed, bringing outside to the center. A rubbing with a soft cloth dipped in paint oil and turpentine occasionally, prolongs the life of the linoleum as well as cleaning and brightening it. It can be varnished once a year or as often as it may need it. It should be dusted with a dry mop cloth every day where there is a great deal of tramping on it. This saves washing it so often as well as adding to the sanitariness of the room. Use as little soap as possible when cleaning, occasionally giving it a good scrubbing with Fels Naptha soap and a soft scrubbing brush, at the same time wiping it up with a cloth wrung out of clear water. Once or twice a year is sufficient for such cleaning.

An old whisk broom does very well for scrubbing out cracks and corners, and a toothpick is sometimes a little help for digging out the pesky places.

When rain water can't be obtained, water can be made soft by boiling—it should boil at least ten or fifteen minutes, the longer it is boiled the softer it is. Old towels can be used to lay over kettles and a window left open to prevent so much steam in the house. The wash pitchers can be filled with it after it is partly cooled and settled. This is next to rain water,

best for tender hands and face. Enough can be prepared at once to last a week. Cover with a towel.

In washing dishes, if a dipper or two of cold water is put in the tea kettle before pouring upon the dishes, the decorating of cheap dishes will wear longer and not get that rough and cracked appearance. This is the case also with glasses and silver. Ivory or white handled knives should never be put in hot water.

The table silverware should never be used around the stove, especially in the frying pans. Soaking in sour milk two or three hours cleans silver very nicely.

An inverted half pound baking powder can with three or four holes in the bottom, makes a nice potato chopper; also to cut strawberries fine for shortcake, thus making crushed strawberries.

Gold Dust in about the proportion of one teaspoon to a quart of water, boiled in scorched cooking utensils for about twenty minutes or better, will remove the black, also the sticky stuff from bread tins, though with proper cooking and handling, kettles should not be scorched, and if scorched, should not be scraped. This will darken aluminum, which can be brightened with vinegar. Soaking is better; scraping and scouring should be done away with as much as possible. A table or molding board can be soaked by laying a wet cloth thereon.

Hot Gold Dust suds is excellent for milk cans, only it is hard on the hands, which should be treated with some good hand jelly when through washing them. If a dipper of hot water is put in each can about an hour before washing them and the covers put on, the condensed vapor will soften the dirt on the sides.

Gold Dust is of no value unless used with very hot water. Soaking with a dipper of hot water, sudsing well with a brush (soft scrubbing), rinse in hot water, then in cold, and turned upside down on a rack out

of doors in a clean place. These five processes will make the cans sterile and no danger of milk souring due to that part of the work.

On very cold days when it is necessary to bring them to the kitchen, plenty of newspapers or some clean old carpet rugs should be used for the floor. It saves slopping and keeps the heavy bottoms from cutting the floor or linoleum, as well as saving the work of cleaning the floor afterwards. It is well to have one or two changes of washable rugs.

There should be no dust or foul smell where *anything* pertaining to milk is cared for or used.

In stormy weather there should be a rack in the milk house for the cans—to keep them from rusting. A little bottle of white or black enamel or paint may be kept on kitchen shelf for labeling milk cans, fruit jars, things in the pantry and so on. It can be used very effectively with a toothpick, one end of which is wrapped with a tiny bit of absorbent cotton. The enamel lasts better than labeling paper. Wash blueing and other things can be used for labeling. All things stored away should be labeled; it makes them easy to find when wanted.

Lamps need not be cleaned every day, but the wicks should be rubbed off every day with one of the little rags kept in the kitchen scrap bag or box.

The firebox of a cook stove should never be more than two-thirds to three-quarters full. If more than this a greater amount of coal is used, much heat is lost and the draft is checked. About three cozies of different sizes to fit steamer and different size kettles can be made of old towels of about three thicknesses to use in simmering meats, steaming puddings and for many things. It saves half, or more, of fuel and things cook more evenly. It may be likened to the fireless cooking.

If a hot iron is not handy when marking clothes with indelible ink, hold against the lamp chimney or gas globe.

Broken plastered walls can be mended by mixing a little plaster of paris alone or with sand, with water. Work quickly as it dries fast. Smooth with a broad kitchen knife. Cover with paper, alabastine or something to match the wall or pieces of thin, firm white cloth dipped in alabastine can be pasted over cracks and holes.

Pesky old tacks, which have been left in the floor, can be loosened by tapping a screwdriver lightly with a hammer; better if one has a pair of pincers.

Furs may be kept free from moths, germs and odors by putting among them small pieces of absorbent cotton or cloth on which have been dropped a small quantity of formaldehyde.

A great necessity in any house is a tool chest, which may be only a little wooden box with hammer, bottles of tacks, nails, and many little things. The uppers of men's old shoes can be cut into tiny squares and kept in this box for heads of tacks. One or two of these used on tacks not only saves rugs, curtains, floors, etc., but holds the things firmly in place. If you use them once, you will never drive tacks without them; even neat strips of leather will bind floor oil cloth very nicely, or folds of cloth, then varnish.

Grated orange and lemon rind can be used for cake flavoring, frosting, pudding, pies, sauces and nearly all sweet dishes.

Hundred-yard bolts of hospital gauze can be procured at any wholesale medical house, which is excellent for straining many things in the kitchen, if doubled. For straining milk it should be boiled or steamed, and burned after using. The finest or clos-

est woven is best. It saves lots of washing and labor. It should be kept wrapped in clean towels. Cheesecloth is best for milk (4 thicknesses).

If cooking is properly done with the fireless cooker it is bound to be scientific—no nourishment being destroyed; two kinds of economy is thus used—saving of nourishment and fuel. Butter crocks are nice for cooking many things.

A little tray or, rather, nest, like an egg case, can be made of a wooden box, to hold about six jars containing such things as rice, tapioca, raisins, sugar, etc., for a light pudding. This saves lots of steps and the pudding can be made quickly. The same arrangement for spices can be made or bought. Both are very practical. They save lots of time and searching.

One can often get little books or helps on things that puzzle them by writing to the Household Department of any of the newspapers or magazines, enclosing a self-addressed envelope or have the question answered through the paper; others then get the benefit also and consider it charitable.

Don't look for recipes only, for there are often good letters and other hints of great help to anyone.

An old catalogue of good paper makes a nice scrap book for pasting in things that you need. They can be classified and indexed. A little book in which to keep your own menus is often a great help in planning a meal and helping to save.

Last, but not least, is to have a place for everything as practical, convenient, simple and pretty as you know how to arrange, keeping in mind the saving of your own strength as well as sanitariness and then keep everything in its place. This is half of the work done. If you have a great deal to keep track of, then, when arranging, make and keep a little note book of your own. It will be easier to look over it than to search through the whole house for something you may want very much.

You can accomplish a great deal by studying ways and means and very often your books and magazines will give you exactly what you need to smooth over the hard places.

Often one will find very good pamphlets or cook books with baking powder, starch, breakfast foods, etc. If they are not in the packages, you can get them by writing to the companies that produce those articles or from your grocer. Almanacs and advertising account books not only contain some good recipes, but other useful ideas which can be cut out and put in the "Kitchen Scrap Book" under each one's own heading.

You don't know how much you can accomplish until you try. Make an earnest effort, and, although you may think that your progress is slow, after six months of conscientious work, you will be surprised, in looking back, to see how much you have accomplished and how much you have improved. Any work will be more easily done and be found more interesting if it is done in the right spirit, as God meant it to be. Make it professional and thereby gain one of the best kinds of education—self-education, making life broader and more interesting. "He hath no other work to do."

A GRACE BEFORE DINNER

Oh, Thou, who kindly dost provide,
For every creature's want;
We bless Thee, God of Nature wide,
For all thy goodness lent,
And, if it pleases thee, Heavenly Guide,
May never worse be sent;
But whether granted or denied,
Lord, bless us with content!

Amen.

MENUS (Lenten)

For three weeks in early Spring

This menu costs four people between three and four dollars per week. Oftentimes a visitor drops in at meal time.

Recipes for all of the following will be found throughout the book.

This menu may not seem sufficient for demands of the system, but when all is prepared scientifically, no food value is wasted.

A good rule is to plan meals the night before or sometimes two days ahead. Keep a little book for this purpose; it often helps when one is at sea and doesn't know just what to get.

Sunday.

BREAKFAST

Buckwheat Cakes with Sugar Syrup.
Coffee with Condensed Milk.

DINNER

Sirloin Steak, fried (1 lb.). Mashed Potatoes.
Lettuce and Celery.
One Egg Lemon Pie. Coffee.

SUPPER

Cornmeal Mush (very well cooked) and Milk.

Monday.

BREAKFAST

Oatmeal for all.

Poached Egg on Toast for two. Coffee with Milk and Toast.

DINNER

Baked Hash on Toast. Brown Betty with Lemon Sauce.
A very Small Glass of Milk for each, or half cups.

SUPPER

Boiled Potatoes. Fried Onions.
Lemonade.

Tuesday.

BREAKFAST
Same as Monday.

DINNER
Corned Beef and Cabbage. Peeled Potatoes Boiled with the Beef.
Apple Sauce. Cookies.

SUPPER
Fried Potatoes. Cabbage Warmed Over.
Hot Biscuits with Syrup.
Tea.

Wednesday.

BREAKFAST
Dr. Price's Celery Food, with Bananas Sliced in it and
Milk. Excellent with Cream.
Poached Egg on Toast for each person.
Coffee.

DINNER
Spaghetti. Mashed Potatoes.
One Crust Apple Pie.
Postum with Condensed Milk.

SUPPER
Potato Patties made from left over Mashed Potatoes.
Creamed Onions.
Cookies. Diluted Grape Juice.

Thursday

BREAKFAST
Oatmeal with Milk or Cream or half of each.
Soft Boiled Eggs and Toast.
Coffee.

DINNER
Beef Loaf (Hamburg). Mashed Potatoes.
Bread Pudding, Cinnamon Sauce.
Lemonade.

SUPPER
Scrambled Eggs. Potato Patties.
One Egg Cake. Tea.

Friday.

BREAKFAST
Fried Corn Meal Mush with Syrup.
Coffee.

DINNER

Boiled Eggs. Baked Potatoes.

Johnny Cake.

Emergency Pie with Lemon Sauce. Lemonade.

SUPPER

Cold Baked Potatoes, Creamed. Left Over Johnny

Cake, warmed in steamer.

Doughnuts. Postum.

Saturday.

BREAKFAST

Oatmeal Fried Potatoes.

Hot Muffins. Coffee.

DINNER

Pork Steak. Potatoes in Jackets.

Cake. Apple Sauce.

Coffee.

SUPPER

Escalloped Potatoes. Fried Eggs.

Bread Biscuits. Tea.

Sunday.

BREAKFAST

Hot Waffles (made with one egg) and Syrup.

Coffee.

DINNER

Veal Loaf (2 hours). Fried Potatoes.

Brown Bread (3 to 4 hours).

Plum Pudding (3 to 3½ hours), Cinnamon or Brandy Sauce.

Steam Veal Loaf, Plum Pudding and Brown Bread together in baking powder cans, two of veal, two of pudding and the remainder of brown bread, as many as steamer will hold.

SUPPER

Bread and Milk.

or

Cold Sliced Veal Loaf. Potato Salad.

Drink made from 1½ teaspoonfuls Cocoa and 3½ teaspoonfuls Horlick's Malted Milk mixed dry with sugar and boiled in double boiler five to ten minutes. Suggestion of salt. Half of each hot water and sweet skimmed milk.

Monday.

BREAKFAST

In country where milk is plenty.

Creamed Toast. Prunes.

Doughnuts. Coffee.

DINNER

Hamburg Loaf. Fried Raw Potatoes.
Pieplant Pie. Coffee.

SUPPER

Boiled Potatoes in Jackets. Creamed Onions.
Postum.

Tuesday.

BREAKFAST

Cold Baked Apples.
Corn Meal Mush. Creamed Codfish on Toast.
Coffee.

DINNER

Leavings of Hamburg Loaf, Onions and Potatoes hashed
together, a little milk added and browned in oven.
Warm Baked Apples, Cinnamon Sauce. Coffee.

SUPPER

Codfish Balls. Raw Onions Sliced.
Devil's Food. Canned Peaches.
Tea.

Wednesday.

BREAKFAST

Pancakes with Syrup.
Coffee.

DINNER

Escalloped Corn. Fried Potatoes flavored with Onion.
Boiled Rice, Japanese Style.
Coffee.

SUPPER

Boiled Potatoes in Jackets. Creamed Cabbage.
Rice Pudding. Buttermilk.

Thursday.

BREAKFAST

Soft Boiled Eggs and Toast. Coffee.

DINNER

Boiled Frankforts. Escalloped Potatoes.
Hot Biscuits and Syrup.
Tapioca Pudding. Coffee.

SUPPER

Warmed over Escalloped Potatoes.
Macaroni and Cheese.
Apple Pie. Skimmed Milk.

*Friday.*BREAKFAST

French Toast, Syrup.
Coffee.

DINNER

Baked Potatoes. Fried Onions.
Cold Baked Apples with Cream, or Hot Baked Apples with sauce.
Coffee.

SUPPER

Steamed Salmon Loaf with Sauce.
Green Tomato Mince Meat Pie.
Tea.

*Saturday.*BREAKFAST

Apples. Oatmeal.
Raised Muffins and Syrup.
Coffee.

DINNER

Fried Potatoes. Creamed Cabbage.
Hot Bread Biscuits and Syrup.

SUPPER

Bean Soup and Crackers or Croutons.
Cold Biscuits. Tea.

*Sunday.*BREAKFAST

Oatmeal. Bacon and Eggs.
Toast. Coffee.

DINNER

Fried Ham. Mashed Potatoes.
English Apple Pudding.
Coffee.

SUPPER

Oatmeal and Milk. Bananas.
Bread. Cocoa.

*Monday.*BREAKFAST

Buckwheat Cakes and Syrup.
Coffee.

DINNER

Boiled Ham. Potatoes, Rutabagas or Turnips.
Coffee.

SUPPER

Baked Potatoes. Creamed Codfish.
Tapioca Pudding. Diluted Grape Juice.

Tuesday.

BREAKFAST

Apples. Oatmeal or Cream of Wheat.
Creamed Toast. Coffee.

DINNER

Creamed Dried Beef on Toast.
Baked Potatoes.
Stewed Prunes. Coffee.

SUPPER

Baked Potatoes Creamed. Canned Peas.
Apple Jack.

Wednesday.

DINNER

Raw Fried Potatoes. Creamed Onions.
One Egg Bread Pudding with Sauce or Fruit Juice.
Coffee.

SUPPER

Raw Potatoes Creamed. Codfish Balls.
Onions Sliced in Vinegar, Salt, Pepper and Sugar.
Prune Pudding made with Bread Dough.
Tea.

Thursday.

DINNER

Cold Boiled Ham.
Potatoes, Parsnips, Onions and Other Vegetables may be
boiled in Ham Juice with Bone and Piece of Rind.

SUPPER

Fried Eggs. Fried Potatoes.
Cream of Wheat Pudding. Tea.

Friday.

DINNER

Potato Soup and Croutons.
Canned Fruit and Cookies or Doughnuts.
Coffee.

SUPPER

Steamed Brown Bread and Salmon Loaf.
Tea.

Saturday.

DINNER

Browned or Smothered Round Steak. Potatoes in Jackets.
Hot Bread Biscuits.
Coffee.

SUPPER

Fried Potatoes. Omelet, or Baked Beans.
Apple Dumplings Steamed.
Half Cups Milk.

The early spring is the hardest time of year to plan meals, and for those who cannot afford all of the above menu, I would say, lean strongly on the cooked cereals and milk, oatmeal especially. Twice a day is not too much to have these.

Read chapter on milk and you will realize its value. The cereals must be well cooked in double boiler or steamer; two, three or four hours is not too much. Gas can be saved by lowering after they start boiling and covering the kettle well with cozies. Keep old towels for this purpose, using two or three thicknesses.

The Scotch people are fond of their oatmeal, and in many families it is used three times a day; they are among the strongest people of the world, both intellectually and physically.

You will find many cheap recipes that can be substituted in the above menus. In buying for the table, one can save a great deal by being careful. Ten cents worth of dried beef will do for two meals. For boiled ham, get the butt or shank end where family is small; ten cents worth of beef stew may be cooked with it. Buying macaroni, peas, corn, tomatoes, etc., by the dozen, saves considerably, or grocers will often mix a dozen. If one has a little garden, considerable can be saved by having a few cans of vegetables put up.

A WEEK'S MENU IN MIDSUMMER

This is beyond most people's means; I simply put it in to use as a reference to help in planning meals. Those having dinner at noon can change the order, substituting luncheon for supper.

- Sunday.* BREAKFAST—Musk Melon, warmed corn flakes, bacon and eggs, warmed biscuits, coffee.
DINNER— Roast chicken, boiled potatoes, sweet corn, tea, watermelon.
SUPPER— Cold chicken, cake, cocoa, pears.
- Monday.* BREAKFAST—Same as Sunday.
LUNCHEON—Vegetable soup, cold ham, chocolate, cake, sliced peaches, lemonade, or diluted grape juice.
DINNER— Lamb chops, boiled potatoes, squash, watermelon, coffee.
- Tuesday.* BREAKFAST—Melons, corn flakes, corn fritters, bacon, eggs, coffee.
LUNCHEON—Creamed potatoes, summer sausage, chocolate cake, sliced peaches, tea.
DINNER— Breaded sweetbreads, boiled potatoes, creamed carrots, coffee, lemon pie.
- Wednesday.* BREAKFAST—Same as Tuesday.
LUNCHEON—Poached eggs on toast, hot biscuits, lemon cake, blueberries, iced tea.
DINNER— Liver and bacon, boiled potatoes, creamed cabbage, tapioca pudding, coffee.
- Thursday.* BREAKFAST—Melons, cream of wheat, toast, boiled eggs, coffee.
LUNCHEON— Corn fritters, warmed potatoes, lemon cake, musk melons, cocoa.
DINNER— Broiled porterhouse steak, mashed potatoes, cucumbers, watermelon, coffee.
- Friday.* BREAKFAST—Melons, Dr. Price's Celery food, poached eggs on toast, doughnuts and coffee.
LUNCHEON—Creamed tomato soup, raw fried potatoes, sardines, ginger cake, watermelon, tea.
DINNER— Baked white fish, baked potatoes, chow-chow, sweet corn, half musk melons filled with sliced peaches, coffee.
- Saturday.* BREAKFAST—Half musk melons filled with grapes, cream of wheat, bacon and eggs, pop-overs, coffee.
LUNCHEON— Fried sausage, ginger bread, blueberries, tea.
DINNER— Baked sliced ham, escalloped potatoes, vegetable salad, pineapple sherbet, tea.

SPECIAL MENUS

Hallowe'en (Select from the following)

Mystery cake, this is Devil's food containing articles such as rings, buttons, thimbles, etc., pumpkin pie, doughnuts, coffee, cider, pickles, popcorn, chestnuts, fruit, deviled ham sandwiches. Witch's brew is Scotch broth or any nice broth.

Colors, red, black and yellow. Jack-o'-lanterns are made out of pumpkins and pasteboard boxes with candle. These make nice center pieces for a little hallowe'en supper. The dining room can be all lighted with jack-o'-lanterns. This pleases the children.

*New Years*

BREAKFAST—Oranges, cream of wheat, waffles, coffee.

DINNER—Roast pig, apple sauce, mashed potatoes, mashed turnips, plum pudding with cinnamon sauce, coffee.

SUPPER—Potato croquettes, cold roast pig, fruit cake, apple sauce, tea.

Easter Sunday

BREAKFAST—Eggs in different styles, ham and eggs, toast and coffee.

DINNER—Stewed chicken, boiled potatoes whole, peas, oranges, and cocoanut and coffee.

SUPPER—Fried or warmed potatoes, cold chicken, bread and jam, tea.

FLOWER—The lily.

July 4th

BREAKFAST—Strawberries, cream and sugar, creamed codfish, buttered toast and coffee.

DINNER—Roast beef, browned potatoes, lettuce, ice cream, cake, coffee.

SUPPER—Cold beef, brown hashed potatoes, cake, strawberries, tea.

Labor Day

BREAKFAST—Muskmelons, Ralston's food, creamed dried beef on toast, coffee.

DINNER—Baked ham and sweet potatoes, stewed tomatoes, squash pie, coffee.

SUPPER—Cold sliced ham, sweet potatoes, sliced and fried, cake, sliced peaches, tea.

Thanksgiving

- BREAKFAST—Grapes, oatmeal with cream, pancakes with syrup or honey, bacon, coffee.
- DINNER—Roast turkey, baked sweet potatoes, mashed potatoes, brown gravy, cranberry sauce, pumpkin pie, coffee, fruit, olives, etc.
- SUPPER—Cold turkey, potato patties, cake and cranberry sauce, tea.

Christmas

- BREAKFAST—Oranges, oatmeal and cream, pancakes and new pork fried, coffee.
- DINNER—Roast duck or goose, apple sauce, baked sweet potatoes, mashed potatoes, canned corn, warm mince pie, coffee. Small pieces of plum pudding may be served with the pie.
- SUPPER—Cold goose or duck, sweet potatoes sliced and fried, fruit cake, sauce, tea.

No menus will be given for fall or early winter as there is such an abundance of things they almost suggest themselves with very little thought and planning.

Good Friday

Select from the following, preparing the dishes without lard, butter or eggs:

- BREAKFAST—Oatmeal and milk, creamed toast, coffee or pancakes and syrup.
- DINNER—Escalloped potatoes, macaroni and tomatoes, creamed macaroni, bananas and milk or fruit of any kind, dumplings in boiled salted water or steamed.
- SUPPER—Baked potatoes, creamed onions, cornmeal mush and milk. Some of the fruit and vegetable soups may be selected to accompany two or three of the above.

Drink plenty of milk and one will not suffer with hunger.

Hot Cross Buns. (Plain buns with a cross cut on top.)

Shrove Tuesday (Day before Ash Wednesday)—Pancakes.

Ash Wednesday—Any Lenten Menu.

St. Patrick's Day (March 17)—Irish potatoes one of the prominent features. Color scheme, green. Potato cake, potato soup, potato salad decorated with shamrock.

Decorations or souvenirs: Irish clay pipes, Irish paper flags, shamrock, toy harps, stove pipe hats, (toy), candy Irish potatoes, etc.

St. Valentine's Day—February 14:

Decorations—Red paper hearts and cupids; heart shaped candy boxes; heart shaped candies and cookies.

Palm Sunday—Decorations, palms. Any Sunday menu.

Toasts should be given with soft drinks. "Look not upon the wine when it is red"—

Small glasses of diluted grape juice are very dainty with a nice dinner.

TOAST TO ST. PATRICK

"Here's to the land of shamrock so green;

Here's to each lad and his darling colleen.

Here's to the one we love dearest and most;

And may God save old Ireland—that's the Irishman's toast."

A CHRISTMAS TOAST

Here's to our Christmas, may it bring us good cheer!

May the joy of this Christmas reach all, far and near,

May the message of Christmas to all hearts be clear;

May it soothe every sorrow and dry every tear.

May it bind closer to us each soul that is dear,

And the spirit of Christmas last all through the year.

A SCOTCH TOAST

"Here's to the heathe, the hills and the heather,

The bonnet, the plaide, the kilt and the feather,

Here's to the heroes that Scotland can boast,

May their names never die; that's a Highlandman's toast"

A FEW HEALTH HINTS

“Laugh and the world laughs with you.”

Where one has to go into a cold kitchen in the morning and has not a pair of high felt shoes, then secure a pair of man's all wool socks and slip on over stockings before putting on slippers.

They should be removed when house is warmed up. One of the secrets of good health is to keep the feet and ankles warm, but not so they will perspire too freely. A little perspiration is very good. The Indian method of dressing in skins is a method of no small importance.

Where the doors of the kitchen are opened and shut often, this will let in enough fresh air in cold weather, but if not, lower a window from the top or raise from the bottom and set in a piece of pasteboard or a little board kept for this purpose. The fresh air will then come in between the two windows (upper and lower). In large cities where there is so much soot and dust, a piece of gauze fitted to the open space, in different ways, will keep out a great deal of the dirt. This should be washed frequently as it becomes very dirty and hinders the fresh air from coming through. This is a good method for sleeping rooms. Little frames can be made to fit or tack the gauze over and not injure the varnish of the window woodwork.

Sleep with windows wide open winter or summer, the air blowing on one, does not hurt if the body is well protected. It is an abominable habit to sleep with head covered. If face is irritated in any way, it can be protected by cotton and salves, but leave the nose

free for fresh air. Bed clothing should be light but warm—if one has not blankets enough, use newspapers. Fresh air! though you do get up with a “stuffy head” it will soon wear away. The stuffy head really comes from a stuffy self-poisoned system. A cup of very hot water sipped slowly an hour or at least a half hour before breakfast, will relieve this stuffiness. Fresh air, plenty of it day and night, is the best and cheapest medicine for all diseases and the greatest beautifier. Prevents wrinkles. One should dress in another room which is warm (for the pores of the skin are open and relaxed on arising), or if a bathroom is in the house, it should be nicely warmed for washing, or better still, a cold bath or rub cold water all over the skin with hands, wiping and patting dry, then putting on undergarments before putting the finishing touches to one’s toilet. If cold water causes a feeling of lassitude in the afternoon, then use tepid water. If the bathroom has not a stove, use an oil heater, or not possessing this, set two ordinary lamps with good sized burners down on the floor. Plan, and one will find some method to heat a bathroom. Next to the kitchen, it should be the cleanest and most used room of the house, and must be warm for bathing purposes whether warm or cold baths are taken. If there is not a bathroom in the house, fit up a small bedroom for that purpose, or screen off a corner of the kitchen, to prevent drafts and insure privacy, and heat it. Then good sponge baths can be taken. The furnishings are simple—a small chair, a small foot bath tub or good large granite wash basin, a small dish pan can be kept for such, a nice pail for warm water, a pitcher for cold water, a pail to empty the water, a soap dish, a little line to hang wash rags and towels and a hook to hang one’s garments, a strawberry crate makes a nice cupboard for towels and wash cloths, and

a clean, washable rug. Two washable rugs (old pieces of rag carpet neatly hemmed) should be kept for the bathroom so that one can be washed each week. Old sheets and pillow cases make nice rag rugs for bathroom. Folding bathtubs can be bought, but where one can't afford it, they can find some way of supplying the necessities for a bath. Towels can be hung and dried and used a few times if one is careful of them, but wash rags should be scrupulously clean—a fresh one every day is none too much, or even two, using a separate one for the face. They should be dried before putting in the laundry bag or hamper. Wash rags can be made from old towels, underwear, etc., and should not be used for cleaning anything around the bathroom. Keep for the skin, and towels the same. Bran bags and bath brushes are excellent, but must have nice care. If sponges are used, wash often in warm suds, rinse and dry out doors. Soft water is best for bathing and drinking. Boiling makes it soft, and the longer the better. Each member of the family can be taught to wipe out the tub when through. A little clean cloth can be left on a line or non-rustable hanger for this purpose. Bathing is an excellent preservative of health. Every day is not too often, or even twice a day when the weather is oppressive and work dirty. A slapping with hands dipped in cold water after a hot bath, will close the pores and prevent taking cold. Will help to cure a cold also. Bathing is one of the aids to cure indigestion and nervousness, as well as many other diseases. If the skin cannot be bathed in water as in cases of eczema or salt rheum, then it should have a good cleansing with whatever one's physician prescribes. Vaseline and menthol crystals are better to cleanse eczema than olive oil, though it irritates at first, it is very palliative. Rub well into the pores, getting out the dirt, then wipe off dry with

absorbent cotton or old linen. One-sixth glycerine and five-sixths rosewater is a very nice cleanser also.

Never bathe just after eating; even a child in a spasm should not be plunged into water on a full stomach.

The early morning is the best time for a cold bath, and night is best for a hot bath. A good talcum is excellent after a bath. Once a week, or at least once in two weeks, the bathroom should have a thorough cleaning.

RELAXATION

One should do their work in a restful way, but you will not find that way until you begin to think about it. Where one gets up early in the morning, they will preserve their strength by taking a short nap after dinner. Even if it is only fifteen minutes, it does lots of good, though one does feel sick after waking, first. This is a common rule among the French housewives, which is one reason they are always young and fresh looking.

SLEEP

"Early to bed and early to rise

If you would be healthy, wealthy and wise."

Don't forget to open the windows nor that the open window is good for the complexion and will keep you young. Never sleep in your underwear. It should be hung up so as to be fresh and aired for morning. Wearing it at night prevents the free action of the skin during sleep, while the loose night dress benefits it. A long, loose jacket of eiderdown, flannel or any warm material can be worn over the night dress. Caps, earlaps and nose caps, even gloves (loose) may be worn.

"Sweet is the sleep of the laboring man," if taken

with fresh air. Sleep and enough of it strengthens and relaxes all the organs of elimination; that is, the bowels, skin, lungs and kidneys. Too much sleep softens and enfeebles. If these organs do not do their work properly, then the poison which should be eliminated is diffused through the system, making it a prey for disease. It does not always become a prey in a day, a week, a month, or even a year. It sometimes takes years to break down a good constitution, but no one can abuse nature without suffering for it. Four or five hours sleep one night and ten or eleven the next night, is a very bad practice for even the strongest. It will tell the results some day. Though one does not feel the effects at once, it is a harsh treatment for such delicate organs as the kidneys, lungs and heart, not to speak of the stronger parts of the body. "Two hours sleep before midnight is worth six after" has its meaning, for it is then that sleep is most needed and does most good.

DRINK

Drink water and plenty of it, at the very least three pints a day. Pure water, both hot and cold. The inside of the body needs washing and cleaning just as well as the outside. Any organ may be likened to a machine, or furnace; if it must do its work well, it must be kept clean. An hour before eating or two hours after is best for drinking; then the fluid will not interfere with the digestive fluids, but if one is so situated that they can't get water at such times, then drink with your meals, or better still, drink all you can on arising and retiring.

EATING

Eating, as well as cooking, is a fine art. Knowing how to eat well is knowing how to live well. The

more simple dishes are often the most tasty. Disease is not so often brought on by what we eat as by how much and when and the method of preparation.

Horace Fletcher said, "Never eat when you are angry or sad; only when you are glad." Waiting for the mood in connection with the appetite, is a speedy cure for both anger and worry.

Eat only in response to an actual appetite, which will be satisfied with plain bread and butter. Right living is usually accompanied by a good appetite and good digestion and cheerfulness. Chew all solid food until it is liquid and practically swallows itself. Sip and taste all liquids that have taste, such as soup and lemonade. Water has no taste and can be swallowed immediately.

Cultivate regular habits of eating, not between meals or at bedtime. If one must lunch between meals or at bedtime, let it be a liquid diet, if possible, taken at the same hour each day.

Where one is so situated that he can't get away from work for nourishment, then two or three of Horlick's Malted Milk Tablets are excellent to keep up the strength of both mental and physical hard laborers, especially those suffering from kidney trouble. We are often faint, weak and nervous and don't know that we are hungry.

Relax for twenty minutes before eating. Lying down is best. One should not work hard physically or mentally just before eating. Eat moderately and of simple foods well combined. Meat once a day for those working inside and twice a day for those outside, is sufficient, avoiding fried meat as much as possible. A rest from meat for two or three days is often a very good thing for an overtaxed system, so lenten rules are not averse to laws of health. Too much meat eating is too much a tax on the kidneys. The same is

true of sweets. Both should be used carefully and not abused.

Avoid wine and beer. Alcohol clogs the liver and irritates the other organs, and even the homemade wine contains a goodly percentage of alcohol. Likewise avoid rich candy, preserves, heavy puddings and cold meat unless carefully kept. It is best not to use cold meat after the second day, except ham and corned beef.

Drink plenty of water between meals.

DRESS

Dress so that each and all the organs of the body have plenty of freedom, especially lungs and bowels. Dress warm enough to be protected from sudden changes of temperature, but not too warm.

Children are often dressed too warm, and hence catch cold. The most of houses are kept too warm also.

CARE OF COLDS AND CATARRH

Save all the old white, clean rags during the year, in a bag or box, and oftentimes soft paper napkins can be bought cheap. These are nice for any sickness. Roll these in a newspaper, after using (prevents spread of germs), and burn. Such things should not be washed.

These save the handkerchiefs and lots of labor. Take hot bath at night and follow menu at end of chapter for a few days till well. These are only or most often the results of a clogged system. People who sleep with open windows rarely have a cold. An alcohol rub is also very good.

CARE OF HANDS AND FEET

After washing hands do not hold over the fire or go immediately out in the cold. Either will chap them.

When either are very sore, soak in very warm water for fifteen minutes before retiring, clean well with castile or any pure soap, rinse with cold water, dry well with a towel softly, not wipe, and rub on some alcohol. This is sufficient for mild cases.

For severe cases, do the same, only after rubbing with alcohol, put some good hand jelly or salve on hands and talcum on feet. Put talcum on feet before putting on shoes in the morning. Loose gloves should be used when salve is used, made of cotton flannel or any material heavy enough to protect bed clothes. Alcohol is best used by rubbing it on with a little sponge of absorbent cotton. It is very cleansing and a good disinfectant even for a fresh cut. Stockings need not be washed every day, but should be aired. Wash at least twice a week. Warm feet are a great aid to health and beauty. Wash in cold water, rub and put on flannel bed slippers when retiring. Exercise them. In day time wear felt boots if necessary but change stockings every day. They are not out of place for ladies in the early morning in a cold kitchen.

CARE OF FACE

Keep the bowels open and take plenty of well regulated rest and sleep; eat simple healthful food. Wash or rather scrub well for about five minutes every night, with plenty of good castile, ivory or any pure soap, hot water (soft) and a good brush or a very clean, soft wash rag if face is tender; rinse well with clear, hot water, then with clear, cold water. Once or twice a week after this hot wash, clean out the pores well with a cotton sponge dipped in alcohol; this will cure pimples and prevent others from coming, if this method is combined with right living. In the morning either souse well with cold soft water or rub well with a clean, soft wash cloth dipped in cold water. Never

wash the face just before going out or after coming in. If one has no soft water, they can boil a kettle full, once or twice a week and keep it covered in a large pitcher for hands and face. A little of it can be heated each night for the face. The water should be boiled at least fifteen minutes; half an hour is better, and let it settle a few minutes before pouring into pitcher. There are some kinds of water that boiling makes harder. Some melt a little piece of ice to wash the face. Never wash the face in hot water and then go out in the cold. Drink plenty of hot water and be beautiful also breathe plenty of fresh air day and night and be beautiful.

CARE OF HAIR

For shampooing, follow the rule for washing flannels, except make the lather or suds stronger, using nothing but soft water, no borax or ammonia, and rinse in about five warm waters and one cold; the cold water is a tonic for the scalp and prevents taking cold. It is even good to go out doors if cold weather just a minute and let the cold air strike the scalp for a second. The hair will dry faster too. Dry by running the fingers through and massaging the scalp well. An hour is none too much to massage. Do not brush or comb till thoroughly dry and never turn up the end of a braid and tie tightly; this breaks the delicate shafts. Rubbing the scalp well with the ends of the fingers, not the nails, for five minutes every night and morning, is good for the scalp and hair. Though it often rubs out dead hair it is very beneficial, making a new and healthier growth. Never use raw soap, no matter what kind. Raw eggs beaten just enough to break the whites, are better than a lather for very greasy hair, but must be rinsed well. Leave loose at night so that the air can get to the scalp. Fresh air, cleans-

ing and massaging are cheaper and better than tonics. Some singe the end of the hair with a burning match, during the time of the new moon each month. Simply bring the braid around and burn off the tips. Brush the dust out each night or give a sort of dry shampoo every third night, using good talcum or other powders. This not only cleanses but increases the circulation of the scalp as well as the rubbing. Shampoo not oftener than every two weeks, nor less than four. In very hot weather, children once a week and men doing very dirty shop work can shampoo often, without injury, if careful. A little alcohol is good for the scalp occasionally and good talcum or equal parts of therox and orris root every night before brushing, cleanses greasy hair (this is dry shampoo). "Right living is one of the best means of keeping hair and scalp healthy."

HAIR BRUSHES

It pays to buy a good hair brush, plain but good material, and wash carefully as you do the hair, about once a week or once in two weeks, according to the work you do. Dry quickly with bristles down on a towel in the sun or some warm place. With good care, a good brush will last for years. Each person should have his own comb and brush. If one can't afford this, then keep them as clean as possible.

CARE OF TEETH

Begin with early childhood and teach the child to clean its teeth thoroughly, at least once a day, scrubbing the gums, also the teeth up and down. Impress upon him the value of this through life. See a dentist occasionally and keep in as good shape as possible. Nothing adds more to personal daintiness and health than clean, sound teeth. Clean teeth never decay.

BREATHING

From early childhood the nostrils should be washed out thoroughly morning and evening to guard against mouth breathing. Little rags may be kept for this purpose and burned as soon as used. If a child persists in mouth breathing a good doctor should be consulted.

EXERCISE

This is one of the great essentials of good health. It helps the four organs of elimination to carry off the poisons of the body. Just compare the body, especially the workings of these four organs, with a stove or furnace and you can easily see that a clogged up system will do its work just as a clogged up furnace or stove will.

Lungs carry off poison by expiration or breathing out. The skin by transpiration, hence the necessity of keeping the pores open by means of bathing. The kidneys by urination and the bowels by defecation. This last is so often abused by means of strong cathartics which should be avoided and take a course as near to nature as possible.

Plenty of fresh air, rest, relaxation, exercise, bathing, good water and good, simple food properly cooked, is the best cure for constipation and attention to the bowels at the same hour every day.

A simple enema of salt water for nine days at the same hour each day, will assist nature to bring one's self to a normal condition, but don't let the use of the enema become a habit. Children should be taught to go to the stool at the same hour each day. Eight o'clock or a little earlier in the morning is a good hour, then it won't interfere with their school work. It is easier to train them from babyhood, but if not started from babyhood, start at once, "Never too late to learn" and "Better late than never."

HABITS

Form good habits from early childhood and keep them through life. There are many but of only two I will speak. 1. Use paper handkerchiefs for expectorating and burn, thereby showing charity to the one who washes. Never spit on sidewalk or floor. 2. It is charitable and adds much to one's success in life to call people by their correct names as they are often very sensitive about this matter. It adds much to one's self-respect and respect for others.

Living too fast, cooking too fast and eating too fast is the true cause of tuberculosis (the Great White Plague), and most of all other dreaded diseases. To these three causes add the lack of fresh air, which is rapidly being remedied in our factories and other buildings.

ACCIDENTAL POISONING

In case the children get poison or one takes poison by mistake, keep cool and the first thing send for a physician. While he is coming, induce vomiting by sticking finger in mouth to tickle throat. Drink a pint of warm mustard water ($\frac{1}{2}$ teaspoonful of mustard), sweet oil, whites of eggs, lard or anything that will cause vomiting, and save contents for doctor to examine. Vomiting will come easy if you only have confidence in what you are doing, and this is often all that is necessary, but it is always best to have the doctor for fear some of the vital organs have been weakened and need stimulating.

A MENU

for anyone in ill health, no matter what the disease, which will greatly assist your physician in getting you well. It is even safe in typhoid and other fevers, except substitute liquid diet for the regular meals and

give diet two or three times during the night, say about 10:00, 2:00 and 4:50, if patient is awake; (sleep is one of the builders of health and strength). If continued from six to twelve weeks, it will cure severe cases of constipation, nervousness and catarrh. Catarrh and colds and pimples are really the effect of a clogged system and lack of rest, in other words, all run down. You will notice that water is not given too near the diet. Fresh air all times of night and day is understood; also scientific cooking.

6:00 a. m. Large cup of hot water sipped slowly with spoon.

6:30 a. m. Arise, take a cold bath or a slight rubbing all over with cold water or as cold as you can stand. Then rub vigorously with a towel. This should be complete in five minutes.

7:00. Breakfast, light and nourishing, a little fruit, hot breakfast food, toast, poached egg or soft boiled, and hot milk.

7:00-10:00. If a convalescent, rest in the fresh air and have some one give you an oil rub, after resting. Better if you can afford a trained masseur or near a sanitarium where you can go, and take a treatment every day or even once a week.

9:00. Good glass of cold water if one desires, if not let it go unless prescribed by doctor.

10:00. Nourishment, hot milk is best of all. Just one cup or one can take an eggnog, dish of ice cream occasionally, egg lemonade, orangeade, raw egg or any little thing easy to digest.

11:00. Pint cup of hot water taken slowly as in the morning.

12:00. Dinner. Any regular dinner of simple food properly cooked, eaten slowly. No fried meat, no drink of any kind. Cold water may be taken between 2:00 and 3:00.

1:00-3:00. Rest, lying down in loose garments, outdoors if possible and alone. You cannot relax and entertain. An oil rub or good bath is beneficial about 3:00 p. m.

4:00. Nourishment as at 10:00 a. m.

5:00. Pint cup of hot water.

6:00. Supper, light and nourishing. Hot breakfast food is always good.

7:00-9:00. Reading, walking, visiting, being careful not to overdo.

9:00. Hot milk from $\frac{1}{2}$ cup to one cup. If stomach is inclined to contain more or less acid, drink one cup of hot water about 8:00 o'clock; this will prepare the stomach for the milk—a cup of Horlick's malted milk is very good at bedtime; it tends to loosen the bowels and kidneys for most people.

This programme is meant for a convalescent or sick one at home. A fever case should not be rubbed till getting better and the fever is gone. Sponge lightly instead.

One working may change it as best they can to suit their needs. All drinks for patients should be strained, even eggnog.

A careful study of the principles and recipes of this book will give plenty of material to make this menu very tasty and plenty of variety for different dinners and suppers each day.

Last but not least in this chapter are four good rules to secure health and happiness:

1. Keep the head cool.
2. Keep the feet warm.
3. Keep the bowels open.
4. Live in the fear of the Lord.

These were the rules given by some noted medical man.

MISCELLANEOUS

(Items that were omitted in other chapters may be found here.)

Meat is more tender after being kept a short time than when first killed. In winter, beef and mutton will keep for six weeks if hung in a dry, cool place. Some rub it well with vinegar and salt every few days. A tough piece of meat may be laid in rather weak vinegar, for two or three days, to which spices have been added.

To make a tough steak tender, put a few spoonfuls of vinegar over it and let stand about twelve hours. No bacteria can live in the vinegar. In winter it is cheaper to buy a supply of meat, as there are so many ways of preparing it, as sausage, corn beef.

Pork should never be salted before it is cooled, nor be allowed to freeze before salting.

It is not good to let meat freeze, as it loses much of its nutriment, also toughens; but if it does freeze, do not allow it to thaw until ready to cook. Cold storage and freezing do not mean the same. A room can be made in the cellar, very clean, sanitary and cold, almost freezing, which will keep a rather even temperature, for meats, milk and many things. Nothing warm should ever enter it—get everything cold—the same rule applies to an icebox.

To make choice veal, a calf should never be allowed to run on the grass, and not killed too young.

In dressing a lamb or sheep, be careful not to let the wool touch the meat or fat, as it taints it so that it cannot be used for cooking.

Mashed potatoes, with an egg, may be used for a crust for a meat pie with enough flour to roll it out.

When canned tomatoes are not on hand for flavoring, use catsup.

Milk gravy makes a good substitute for eggs in making croquettes, patties, etc.

Secret of How to Make Bad Boys Good: Treat them well. "Trust a boy and you make him trustworthy." This requires much care and study and the right interpretation of the meaning. Treating well does not mean spoiling.

Write on a sheet of paper emergencies and things you do not want to forget and frame or passe partout. Hang in the kitchen and refer to it occasionally, or paste on front of kitchen scrap book. It may save you lots of accidents and money.

Home Made Baking Powder (The Best): Nine ounces of the best bicarbonate of soda, 16 ounces of cream of tartar, $\frac{1}{4}$ pound of good corn starch ($\frac{1}{2}$ pound does no harm). This makes about 2 pounds. Sift about ten times, so that it will be thoroughly mixed and seal in pint fruit jars or small cans. Do not pack. This makes about $2\frac{1}{2}$ pint jars—costing about sixty cents, or less. Use a little less than of most baking powders. Buy the ingredients from your druggist.

Galvanized iron should not be used for cooking purposes, as it poisons.

Water should not pass through zinc-lined iron pipes.

Water should not be used from hot water faucet for cooking. It is better to keep a large tea kettle full on the stove, or small one, as required.

A pitcher or pail of pure cold water (the colder the better) will greatly aid in ventilating and purifying a room; it absorbs the gases from respiration, etc.

It is well to mix a little carbolic acid in whitewash or moresco for calcimining the cellar. It acts both as a

disinfectant and deodorizer. Moresco is better, as it washes off easily and can be removed and renewed every year or two; frequency of change depends on how well aired and how much the cellar is used.

There is no excuse for a foul smelling cellar if just a little common sense and good management are used in caring for it.

In building a house, whether it be a cottage or a mansion, particular attention should be given to the sanitary and keeping qualities of a cellar; the dryer, lighter and more airy, the better. If there is to be a laundry and heating plant, they should be well shut off from the vegetable and fruit part. The fruit part should be in such condition that it can both be darkened and lighted, if possible, so that during a good part of the summer it may be left open.

A pail of cold water will aid to prevent freezing and also help purify, but it must be changed frequently, and, where the wall is not hollow, it would be well to lay clean old boards against the part of the wall used for cold storage, or one can easily fix potatoes, etc., so there will be a layer of air between them and the wall. The same would be well to serve underneath. For this reason, barrels are better than bins and should be set up off the floor, but either should be put out in the summer time to be purified for winter use.

More money should be spent for sanitation and common sense in the building of a house than in ornamentation. A house can be planned to save labor, time and steps, and still present a good appearance by its simplicity. Long, dark, dismal halls should be done away with—the parlor also—making the living room, with plenty of warmth and light, always a pleasant place for both callers and family.

When dry garbage is burned in the backyard, one place only should be kept for that purpose and the

ashes should be swept up and put in garbage can; this keeps the yard cleaner and will not annoy the neighbors or destroy the lawn; or if one has a little garden, it may be burned in a hollow and then covered with dirt, or in little holes dug here and there and slops thrown in with it for fertilization.

On a farm there is usually some place to be filled in where ashes and so forth may be put and covered. Always bury garbage that cannot be burned or used for fertilization very deep unless hauled away.

A cistern should never be built under the house and should be thoroughly cleaned at least once a year. An out-door closet can be made almost odorless by keeping on hand a box or pail of pulverized clay or garden soil (dry) with a shovel in it. The boxes or vault should be cleaned at least once a month; the contents can be used as a fertilizer. Wet slops should not be thrown in, but thrown in different places so as to avoid smelling. A sprinkling can with water and a little Formalin is fine for closet, cellar, etc.

A sort of hood can be placed above the kitchen range attached to the pipe or chimney to carry off the worst of the gas, steam and smoke.

Old stove boards (zinc), registers, brass fixtures, etc., can be made to look like new by painting with stove pipe enamel.

One gallon of paint, which may be bought in quart or half-gallon pails, of different colors, with about one quart each of turpentine and oil for thinning, will do borders and prime the centers of four ordinary size floors. The turpentine and oil should be added only as needed. Chip glue dissolved in luke warm water over night cleanses walls. Wipe dry.

A bicycle pump may be used to clean tufted furniture.

Sidewalks.—Whether one lives in the country or in town, sidewalks mean a reduction of a great deal of the hard labor in the house, even if one can only afford

them one foot wide. If the earth is cut away from them for two or three inches and a little ashes banked on each side, it will keep the grass from growing over them and also drain off the water. They should be kept clean summer and winter and show the kind of people inside the house no matter where the home may be. Transform the unsightly backyard into a spot of beauty. Encourage the children to help by picking up sticks, etc.

The stringy part of the egg should always be removed, no matter how it is prepared for food. When eggs are high priced, save one or two wherever possible by substituting one tablespoonful of corn starch.

Near dock and dandelion leaves, mixed or either one alone, make nice greens in the early spring. Both have medicinal properties. Beet greens are often good in September if in a shady place.

JUST A FEW SEWING HINTS

When hemming sheets, begin an inch or two from the edge and sew back to the edge, then turn and hem in the usual way; and when the other edge is reached, turn and sew back an inch or two. This prevents corners from ripping. The same may be done with towels, handkerchiefs, napkins, etc. Draw a thread to cut those things even.

Begin collar and skirt bands at the center and baste toward each end.

Little arm holes of underwaists have much better shape if sewed both ways when hemming as the collar band.

Bleached flour sacks make good strong little waists. Sew little squares of goods doubled on each side for pinning the garters.

It a skirt turns out so that an even hem cannot be

turned at bottom, simply hem a ruffle and put it on underneath without gathering. It will appear like a hem on the right side. The uneven hem should be blind stitched. Iron separately as you would a ruffle.

Rip seams with a razor and if there is no one to hold one side of the goods, pin it to something firm by means of a strong cloth band.

To remove old paper from the walls, wet well two or three times with a large paint brush and luke warm water, being careful not to let dry between soakings.

For paste for scrap books and wall paper see Boiled Starch, using flour instead.

Old pine floors can be made very artistic by scrubbing well, sand-papering a little and painting or staining to match rugs, then finish with a thin coat of floor varnish. Varnish is easily applied if sufficiently thinned with turpentine; and paint should be kept thinned with turpentine and oil. One thin coat of each is sufficient unless very light colored, then use two coats of paint. It is well to prime that part of the floor under the rugs as it helps to save the rugs from dust.

One coat of paint makes them sanitary, while two coats, of the right color, make them very artistic. Common house paint can be used. Write to companies for little booklets on decorating. The floor varnish will save it, and if washed carefully with moderately cold water and soft scrubbing brush occasionally, it will last for ten years. The weekly cleaning only requires wiping off with a soft dust cloth which may be tied on the broom, or dusted as furniture.

The large cracks in floors should be well filled with soft putty moulded with a few drops of paint oil or pounded with the hammer on glass. After filling, smooth with the finger and scrape off clean on each side of the crack. The small cracks can be filled with

paint. Some use melted paraffin where a room is always cool.

The floor must be thoroughly dry before painting and each coat should be dry before applying the next. If wanted very nice, sand-paper again after first coat is dry. It will dry in one day but does not harden for a week or so. If brushes get hard, put in strong hot "Gold Dust" suds over night.

Two large nails placed across the top of a lamp chimney is a good way of warming milk at night for the baby or an invalid. It can be placed on a little table near the bed, making it unnecessary to get up in the night.

To prevent kettles from boiling over, use an old fashioned loaf cake tin that opened in the center, for a cover.

Those who are not very strong and are unable to do their own washing or hire it done, can heat a kettle of suds each morning and do what little they can in half an hour. In this way they will not use up their strength and the washing will not accumulate.

If there is no cream for coffee, scald the milk.

CURING HAMS, BACON AND DRIED BEEF

The proportion would be one pound of medium brown sugar to two of good barrel salt and one ounce of black pepper ground fine. The amount here given is sufficient for twenty-five pounds, pork or beef.

The Process

If quantity is small, use a granite dish pan for the curing. Spread mixture an inch thick over all the surface, with rind down, changing each day that every part of the meat may receive its due allowance, adding more sugar, salt and pepper each day for sixteen

days. Then take out, wash, scrape, and wipe clean and dry, and smoke. (This is excellent for dried beef.)

Smoking Process

The meat can be hung to the top of a clean flour barrel (bottom upside down) or a box, by strong twine in several ways. Then place so that smoke may be directed to it by means of a link or two of stove pipe laid in a sort of trench in the ground.

The sweet-corn cobs may be saved from the table during the year and dried for smoking. Some have excellent success with dried sawdust and pieces of old apple tree.

Do not throw off the brine that collects in the pan. The process of curing takes about sixteen days and smoking from ten days to four weeks, according to size. They may be packed in oats to keep or wrapped in clean cloth or paper and kept in clean leached dry ashes. In smoking be careful never to get too hot. This meat is firm and sweet and will keep almost any length of time if cured in winter and allowed to dry by hanging up and then properly protected from flies.

If the meat is wanted red, use saltpeter, one-fourth ounce ($\frac{1}{4}$ oz.) to the quantity given. (I never use this as I do not think it so good.)

Rub steak well with black pepper if the weather is warm and you have no ice on hand.

Boil bones for meat gravy if you have nothing else; gravy is very saving as well as tasty and appetizing.

HOME MADE WINE

Wash the grapes. Some stem them and some do not. Press the juice and strain through a cheese cloth bag, but do not press. To each gallon of juice use from 1 to $1\frac{1}{2}$ gallons of water. Then to each gallon

of this mixture add 1 pound (2 cups) of sugar. Mix well and let stand in open jars for about four weeks, skimming once each day. Then drop in the white of an egg, unbeaten, and let stand another week, skimming if necessary. Then strain and bottle and leave the bottles uncorked for a week or they will break.

HINTS FOR BUTTERMAKING

(Small Quantity)

The cream should be well ripened but not allowed to get too old so as to develop bad flavors. It should be well stirred about twice a day. When ready for churning it should be cooled to between 60 and 65 degrees F., and then churned. When the butter has gathered in lumps, and the buttermilk drained off, it should be washed in clear cold water, then salted and worked. The proportion of salt is one ounce salt to one pound butter. Butter should be worked only enough to mix in the salt and work out most of the water—aiming to make it smooth, but not like salve. It is greatly improved by letting stand twelve hours and press out a little more water before packing.*

Have everything sterile, even the hands. The room or cellar where it is made should be rather cool and free from dust and odors. A cake bowl and spoon makes a fair churn till one has better.

Butter and milk kept in an icebox must be kept so they will not absorb the odors of fruits and other things, especially melons and bananas.

An icebox should have a thorough, careful cleansing at least once a week, and in the meantime, if anything is spilled in it, it should be wiped up immediately, thereby helping to keep it sterile. Everything should be thoroughly cooled before putting into the

*Some very careful housewives work butter three times before packing; this is a good method where butter must be kept for some time. It must stand twelve hours between each working, thus packing twenty-four hours after churning.

icebox. A good grade of paraffin paper, jelly glasses with covers, nice clean lard pails with covers, and many other things may be used to keep things nice in the icebox.

PRESERVING EGGS*

Do not wash eggs, as it removes part of the natural coating and opens the way for germs to enter, which spoil the eggs. Their keeping depends on sterilization as well as other things preserved. If boiled eggs are wanted after preserving in this manner, pierce the shell carefully with a strong needle. Eggs must be strictly fresh. - To one cup of water glass add ten to fourteen cups of cold sterile water. Pack the eggs in a jar and pour solution over them, covering well. Keep in a cool, dark, dry place.

TO ECONOMIZE ON GAS

1. Do not light the burner and then fill the tea kettle afterward; fill it first, and lower the flame after it is hot enough.
2. Do not leave the flame high after the vegetable or meat has begun to boil.
3. After the oven is well heated it will bake just as well and even better with the excess of flame turned off.
4. Matches are cheaper than gas.
5. Do not fold clothes till through ironing, and when irons are well heated, lower the flame.
6. Bread may be dried for crumbs and a stale loaf freshened, after removing a roast or anything else, while the oven is cooling.
7. It is best to roast enough for two or three days and also boil potatoes enough for two days, as the leftover dishes require but little cooking.
8. Rinse cooking utensils and any sticky dishes

*Eggs may be put in a wire basket, dipped for $\frac{1}{2}$ minute in boiling water, cooled, and packed in oats with the small end down.

with cold water, then finish with one kettle of good hot water.

9. Use cozies or old towels wherever possible.

10. Aim to bake as many things as possible at the same time.

A little flour or corn starch ($\frac{1}{2}$ or 1 teaspoonful) is excellent to mix with the sugar in making custards, squash and custard pie, cream of wheat pudding and many dishes where one can afford to use only one or two eggs. A suggestion of either is nice in cocoa. Either one is nice to thicken all kinds of soup. They can be used in making table syrup and color with mapeline; it won't be so clear, but requires much less sugar.

Grated lemon rind is excellent for flavoring pies, custards, sauces, and many other things.

Keep things off the floor as much as possible. Floor dust is very injurious to all kinds of articles, especially satchels, shoes, etc., even if the floor is dusted every day.

FURNISHING AND CARE OF A BEDROOM

Besides the ordinary furniture, the bedroom is not complete without match safe, match scratcher and match receiver, scrap basket, (a pretty screen may be made to match the room to hide the washstand which is usually in bedrooms where there is no bathroom in the house), a little table or desk.

Keep the toilet articles clean and dry, being careful not to let them drip on floor when emptying. Keep a few old clean towels near by for protecting the floor by catching the drip on the outside, or turn upside down on newspapers after emptying. Scald at least once a week; every day where there is sickness.

Candles are nice for night use, especially where there are children; they also add to the appearance of the dresser. There should be two sets of covers for dres-

ser (chiffonier), washstand and table, which can be made from bleached flour sacks and neatly hemmed. When starched and ironed they are simple and pretty.

Avoid "stuffiness" or "curiosity shop" effect in any room; it means too much labor and is not so sanitary as the simply furnished room, nor so pretty.

If a room has no molding, paste on bands of cloth and over that paste ribbon or strips cut from pretty cloth or paper to match the room. This will be strong enough to hold tacks for small pictures.

Neat little folding scrap baskets may be made of pasteboard covered with wall paper and tied together with tape or ribbon to match the room. The use of these trains children in habits of neatness, daintiness, etc.

Shelve the closets up to the ceiling above where the clothes hang; make use of all the space possible.

Mince meat can be made without meat by using more chopped fruit, especially lemons and oranges, raisins, currants, apples, etc.

Lemons can be kept for some time in a jar of cold water in a cool place.

No matter what your position, though a servant, win the esteem and love of all by cheerfulness, kindness, truthfulness, cleanliness of both yourself and work, and the practice, always, of the golden rule.

Place hooks in kitchen and closets where children can reach them easily. Put hangers on all their clothes and initials when the garments look alike. For nice pieces they should be taught the use of patent hangers. Teach them to hang up and get their own clothes. This teaches them pride, individuality, neatness and system. Apply the same principle to the care of toys.

No matter what your work, have a system and strive to make that system perfect, saving both steps and time. One can save themselves and yet do their work well. Good systems can be learned from books, etc.

There is nothing gained by slighting work if you want to save labor.

Conscientious and faithful girls are never out of employment, either at home or away from home. Much time can be used profitably in good reading. Avoid gadding and idle gossip. Be pleasant and useful no matter where.

To waste carelessly is almost as wrong as to steal.

Never break a promise to children, or frighten them with stories or make them afraid of the dark, or help them to conceal wrong-doing, whether you be the mother, nurse or servant.

A servant should never consider his or her work degrading unless made so by themselves. There is no work more honorable, as the health and happiness of the family depend on them. Being on the lookout for slights is an evidence of vanity, laziness, dishonesty and other faults. Whoever looks down upon one because of honest labor done conscientiously is not worth minding.

Open the doors for three or four minutes on a very cold day and you will be surprised how much quicker the house warms up and how much warmer you feel. It should be done a few times during the day, thus changing impure air for fresh.

Some are very successful roasting potatoes in the upper part of a self-feeding coal heater. The coal should be little more than half way down; also broiling and roasting meat underneath the firepot after having shaken down the ashes and thorough cleaned the ash pan—a broiler and dripping pan should be used.

When one has to get along with one fire, which is usually the kitchen fire, then, when dressing the children, comb their hair over newspapers, being careful of the stray hair.

When the hair flies and seems impossible to comb,

rub a clean, damp wash-rag over it or the comb, which will control the electricity, being careful not to wet the hair.

No matter what place you occupy in the family, whether one of the family or not, always be on time to your meals. It shows respect for the one who prepares the meal and saves lots of expense, time and trouble. Promptness is one of the means of success through life.

<p>A few of the means of educating one's self.</p> <p>—</p> <p>MAXIM: We learn to do by doing.</p>	}	Chautauquas.	} All must be good.
		Right kind of clubs.	
		Library Books.	
		Magazines.	
		Newspapers.	
		Good conversation.	
		Observation.	
		Letters to Marion Harland or other good, reliable sources.	
		Reading the answers to others' letters through the papers.	
		Thinking and planning.	
		Attending good lectures at least three or four times a year.	
		Asking questions.	
		Willing to be corrected.	
		Consideration for others.	
		Catalogues.	
		It is well to read more than you can make use of and a little beyond one's understanding.	

French Dressing makes sardines very palatable, as well as easier to digest.

Work a little salt into oleomargarine; it will keep better. It should be kept as carefully as butter.

The uppers of clean, old stockings and socks make good dish-cloths. It is well to have a half dozen dish-cloths in use, changing every day and treating the soiled ones to the weekly wash as other clothes. They should always be dried before putting in the laundry. Anything but a foul dish-cloth or mop-rag.

Some save and hem the large salt sacks, that is the eight-pound sacks, which are also very nice.

Canvas gloves come handy for doing many things in and around the house, and a bathing or gymnasium suit is handy to don while house cleaning.

A pinch of salt, or a little more, is very good in all kinds of pudding sauces and cakes.

A little sugar is excellent in almost all vegetables and vegetable soups; it improves corn, either in the ear or can. Flour the hands while handling raisins to keep them from being sticky.

Turn the chopping bowl upside down when putting away, to prevent cracking; also wash-tubs.

One can get cooking to such a point that, by knowing how to get all the food value out of food, so that every possible amount can be digested, she can have the working members of the family properly nourished on from ten to twelve cents a day each.

There is a great deal of waste, not only of the food itself but by careless methods of cooking through which too great a percentage of that taken into the system cannot be used by it; this is a waste of both money and strength and when practiced too long results in sickness.

To Make "Cozies."—Cut two or three thicknesses of flour sacks (though old wool cloth is better, being a non-conductor of heat), using the cover of the kettle for a pattern. Quilt them together just a little bit. Then sew a straight piece made of two or three thicknesses, also, around the edge of the cover piece, leaving it open at one side, so as to slip easily over the kettle and pin after putting on. This straight piece should be at least two or three inches from the stove so as not to catch fire.

One needs but very little fuel with these, while the

cooking is more scientific and delicious, but, like the fireless cooker, they require time.

A very low lighted burner on a gas stove, with this, would cook cereal over night, but risky unless lots of open windows.

The fireless cooker is excellent for cooking cereals over night, stewed chicken, canning fruits, etc.

Heavy "cozies" can also be made to protect the milk from freezing that is delivered early in the morning, and buckwheat set over night. A heavy pad should be made to put under these protecting from cold underneath.

When you read items of emergencies, cut out and paste on the front of your cook book or scrap book.

A brick is capable of absorbing almost a pound of water, which is the reason for brick houses being damp. Stone is not so damp. Neither one should be plastered on the bare wall.

Personal habits of both manners and cleanliness should be taught to the child, beginning as early as two years of age. This is one of the great responsibilities of a mother, as it means so much for the child's success when he has to fight the world's battles. If she does not train him he will learn from others, much to his or her humiliation.

TREES*

Last, but not least, every housewife should encourage the planting and good care of trees, whether owner of the property or not, and help others to care for their trees by teaching the little folks of their great use and beauty, so that they will not ruin them. Trees should never be planted too close to a building. Large evergreen hedges are a great protection to farmers, and with other hedges, are useful as well as ornamental.

*When we plant a tree we are doing what we can to make our planet a more wholesome and happier place for those who come after us."—*Oliver Wendell Holmes.*

The writer has planted about six hundred trees in ten years, by getting the seedlings from the nursery and keeping them well freed from weeds and grass during the first two years. Seedlings only cost about 50 cents per hundred and are easy to plant and take care of. One can do Arbor Day duty two or three weeks ahead, or much can be done the previous autumn.

"O, Woodman, spare that tree;
Touch not a single bough."

BIRTHDAY STONES

What They Signify

			Flowers.
January ...	Garnet	Constancy.	Wild Rose.
February. ..	Amethyst ..	{ Sincerity	} Pink.
		{ Contentment ..	
March	Bloodstone .	{ Wise.	} Violet.
		{ Brave	
April.....	Diamond ...	Innocence	Easter Lily.
May	Emerald ...	Happiness.....	Lily of the Valley.
June	{ Agate	{ Health	} Rose.
	{ Pearl	{ Wealth.....	
		{ Purity	
July.....	Ruby.....	{ Love, Nobility of Mind.....	} Daisy.
August.....	{ Sardonyx ..	{ Conjugal Bliss.	
	{ Moonstone .		Pond Lily.
September..	Sapphire..	{ Wisdom.....	} Poppy.
		{ Chastity.....	
October	Opal	Hope	Cosmos.
November. .	Topaz.	Friendship	Chrysanthemum.
December ..	Turquoise ..	{ Success	} Holly.
		{ Happiness.	

WEDDING ANNIVERSARIES

1st Year—Cotton	15th Year—Crystal
2nd Year—Paper	20th Year—China
3rd Year—Leather	25th Year—Silver
5th Year—Wooden	30th Year—Pearl
7th Year—Woolen	40th Year—Ruby
10th Year—Tin	50th Year—Gold
12th Year—Silk, Fine Linen	75th Year—Diamond

SYMBOLIC MEANING OF COLORS

- White— Light, purity, innocence, faith, joy and life.
 Red— Signifies fire, divine love, royalty.
 Blue— Truth, constancy and fidelity.
 Yellow— The symbol of the sun of marriage and faithfulness.
 Green— Hope and victory.
 Violet— Love and truth, passion and suffering.
 Purple— Good and true.
 Black— Despair, darkness, earthliness, wickedness and death.

THE LANGUAGE OF FLOWERS

Bachelor's Buttons	Celibacy
Bluebell	Constancy
Chrysanthemum	Love, Truth
Daisy	Innocence
Forget-me-not	True love
Golden Rod	Precaution
Lily	Purity, Sweetness
Lily of the Valley.....	Return of happiness
Nasturtium	Patriotism
Pansy	Thoughts
Poppy	Consolation, Forgetfulness
Rose	Love
Shamrock	Light-heartedness
Sweet Pea	Delicate pleasure
Tulip	Fame
Violet	Faithfulness, Modesty
Thistle	Austerity, Retaliation

"France has the lily, England the rose,
 Everybody knows where the shamrock grows;
 Scotland has the thistle that grows on the hill,
 America's emblem—the violet (golden-rod) still."

Monday's child is fair of face;
 Tuesday's child is full of grace;
 Wednesday's child is merry and glad;
 Thursday's child is sorry and sad;
 Friday's child is loving and giving;
 And Saturday's child must work for his living;
 While the child that is born on the Sabbath day
 Is blithe and bonny and good and gay.

QUOTATIONS AND EXTRACTS

Suggested to encourage the progress of the home-makers, children and the young folks starting out on life's great battle, and, having started, to keep up the fight. These all bear upon your work either directly or indirectly and many upon one's health and happiness.

I have selected these from three good sized note books of quotations, which I have collected from the books I have read for about twenty years. Some are reproduced from memory, but I can't remember the author's name.

HER FAITH

"Comes a letter from my mother, bidding me to bravely strive,
And within my breast another precious day finds hope alive;
With new courage I'll endeavor to perform as best I may;
No temptation whatsoever shall appeal to me today;
She is confidently hoping and her hope shall be my strength;
I shall cease my timid groping and reward her faith at length.
Linger for a moment, brother, ere you bid your hopes adieu;
Have you not somewhere a mother who has hoped and prayed
for you?

Though a hundred times defeated, can you weakly turn aside,
Knowing that she shall be cheated of her hopes and of her pride?
Author Unknown.

"It is not work that kills men; it is worry. You can hardly put more upon a man than he can bear. Worry is rust upon the blade. It is not the revolution that destroys the-machinery, but the friction."—*Beecher.*

"God nothing does, nor suffers to be done, but thou thyself wouldst do, if thou couldst see the end of all events as well as He."

"Success in life is not gained by never making a mistake,
but by never making the same mistake twice."

"The no-account man doesn't believe in keeping accounts."

"Whatever may lie beyond us,
The lesson that earth has to give,
Is to learn how to love divinely,
And then you have learned to live."

—*Unknown.*

"Those who toil bravely are the strongest;
The humble and poor become great;
And from those brown-handed children
Shall grow mighty rulers of State."
—*Mary H. Krout in "Little Brown Hands."*

"Wise are those who know what to remember and what to forget."
—*Unknown.*

"Much beer never brought good cheer."
—*Farm Journal.*

"They live longest who remember to let well enough alone."
—*Record Herald.*

Backward, turn backward, O Time, in your flight;
Make me a child again just for tonight.

* * *

Give me the cast iron stomach I had
When I was naught but a freckled-face lad.

* * *

Feed me on dainties my mother could make—
Give me the flaky, old time buckwheat cake
Smothered in syrup with butter spread o'er,
Bake me a dozen and hurry up more;
Make up the batch of the doughnuts I knew,
Sprinkled with sugar so bountifully, too;
Caraway cookies and hot ginger bread,
Thickly with mother's best marmalade spread."

—*Los Angeles Times.*

Selfishness is the thing that will turn the heart into an ash heap.

"Better believe yourself a dunce and work away than a genius
and be idle."
—*"Success" Magazine.*

"You should forgive many things in others, nothing in yourself."
—*Ansonius*.

"He prayeth best who loveth best
All things, both great and small;
For the dear God who loveth us,
He made and loveth all."

THE LITTLE ONES

"Now I lay me down to sleep—
Pray the Lord my soul to keep"—
Sweet the chorus, soft and low,
Of the prayer I once did know.
Tumbling into waiting beds,
Hiding now their little heads;
Older children have their fears
With the darkening of the years.
Little faces by the bed,
Little hands upon the spread,
Little roguish eyes all closed,
Little naked feet exposed.
Mother, lead them in their praise;
Mother, teach them heavenly ways;
Mother, as they go to sleep,
Pray the Lord their souls to keep.
—*New York Times*.

"If a man will only watch himself as he would an enemy, he
would seldom get into trouble."

THE RECONCILIATION

As through the land at eve we went
And plucked the ripened ears,
We fell out, my wife and I—
Oh, we fell out, I know not why,
And kissed again with tears.

For when we came where lies the child
We lost in other years,
There above the little grave,
Oh; there above the little grave,
We kissed again with tears."

—*Alfred Tennyson*.

"There are people who are too independent to earn a living so
long as they can sponge it."
—*Unknown*.

Book Mark Motto—"Mark ye pure and goodly thoughts."

Motto for a rose jar—"Sweets to the sweet."

Blessed is the hand that prepares a pleasure for a child, for there is no saying when and where it may bloom forth—*Jerrold*.

"Work without rest is like bread without yeast; it is heavy."

"It is well to train the mind to think accurately and the hand to respond quickly."

"People who give more space in memory to their failures than they do to their successes generally go to early graves, and are more missed than regretted by their acquaintances."—*Unknown*.

"Men who behave themselves are never afraid of their wives."

"Oh, mother, so wearied, discouraged,
Worn out with the cares of the day—
You often grow cross and impatient,
Complain of the noise and the play.
For the day brings so many vexations,
So many things going amiss;
But, mother, whatever may vex you,
Send the children to bed with a kiss."

ANONYMOUS—*Mother's Magazine*.

"Adversity is sometimes hard upon a man; but for one man who can stand prosperity there are a hundred that will stand adversity."—*Thomas Carlyle*.

"Happiness can only be found in virtue; virtue cannot exist without liberty; and the seat of liberty is good laws."

—"Scottish Chiefs."—

"Blessed are they which put their trust in God."

—"Scottish Chiefs."—

"What you can do, or dream you can, begin it.
Boldness has genius, power, and magic in it."

"Dost thou love Life! Then do not squander Time, for that is the stuff life is made of."

—*Benj. Franklin, "Poor Richard's Almanac."*

"Lost time is never found."—*Franklin*.

"But pleasures are like poppies spread;
 You seize the flower, its bloom is shed;
 Or like the snow falls in the river,
 A moment white, then melts forever;
 Or like the borealis race,
 That flit ere you can point their place;
 Or like the rainbow's lovely form
 Evanishing amid the storm."

—*Robert Burns.*

"All the world's a fleeting stage
 For man's illusion given.
 Deceitful shine, deceitful show—
 There is nothing true but heaven."

—*Thomas Moore.*

"And man, whose heaven erected face
 The smiles of love adorn,
 Man's inhumanity to man
 Makes countless thousands mourn."

—*Burns.*

"Do naught today, thou mayst regret tomorrow,
 For though today may die, its ghost will linger
 And haunt thee with a ceaseless sigh of sorrow,
 And point remorse with an accusing finger."

—*Unknown.*

LOOK UP

"Discouraged and weary I sat me down
 On my porch, the other day.
 Weary of life and its ceaseless toil,
 Too weary to sing or pray.

"I saw not the beauty of earth or sky,
 But all seemed a sombre gray;
 'And heaven is far, far off;' thought I,
 'And the angels—where are they?'

"Why do my burdens heavier grow?
 Why am I so oppressed?
 Where is the help I am needing so?
 Where is the promised rest?

"Ah! doubts were crowding thick and fast,
 My cares seemed heavier to be;
 And faith and God, and all things else,
 Seemed slipping away from me.

"But all at once there seemed to stand
 By my side a Shining One;
 His raiment was pearly and glittering white,
 And his face shown like the sun.

"Why art thou so anxious, weary one,
 To lay the burdens down?
 For only those who bear the cross
 Shall wear the victor's crown.'

"Dost thou not know that only those
 Who faint not by the way,
 Shall rest at last with Christ's weary ones,
 Through one long endless day?'

"And then he seemed to float away,
 And up through the azure blue,
 And I was left sitting there alone,
 But life wore a different hue.

"For I was discouraged no longer,
 And heaven seemed nearer to me;
 Again I arose to life's duties,
 Feeling both happy and free.

"Knowing that if we are faithful
 And bear what God gives us to bear,
 We at last shall sit down in his kingdom,
 And be resting with Jesus there."

—Unknown.

Sometime, when all life's lessons have been learned,
 And sun and stars forevermore have set,—
 The things which our weak judgments here have spurned,
 The things o'er which we wept with lashes wet,—
 Will flash before us out of life's dark night,—
 As stars shine most in deeper tints of blue,
 And we shall see how all God's plans were right,—
 And how what seemed to be reproof was love most true."

—Unknown.

"Some women, in marrying, demand all and give all; with good men they are the happy; with base men they are the broken-hearted.

"Some demand everything and give little; with weak men they are tyrants; with strong men they are the divorced.

"Some demand little and give all; with congenial souls they are already in heaven; with uncongenial they are soon in their graves.

"Some give little and demand little; they are the heartless—and they bring neither the joy of life nor the peace of death."

—"The Choir Invisible." (?)

"Shattered ideals—what hand shatters them but one's own?"

"Joy comes, grief goes, we know not how."

—James Russell Lowell.

"Virtue alone is sweet society."

"It is distrust of God to be troubled about what is to come; impatience against God to be troubled about what is present, and anger against God to be troubled about what is past."

"Never a tear bedims the eye,
That time and patience will not dry.
Never a lip is curved with pain,
That cannot be kissed into smiles again."

—Bret Harte.

"The poor, oppressed, honest man,
Had never, sure, been born
Had there not been some recompense
To comfort those that mourn."

—Burns.

"Putting off an easy thing makes it hard, and putting off a hard one makes it impossible."—John Graham.

"You can never read bad literature too little or good literature too much. Bad books are intellectual poison; they destroy the mind."—*Schopenhauer's Essay on Books and Reading.*

Some good old sayings:—"Honesty is the best policy."
"Where there's a will there's always a way." "A stitch in time saves nine." "'Tis never too late to learn." "Better late than never." "Courage is half the battle." "Things done by halves are never done right."

CHILD OF MY LOVE

"Lean hard and let me feel the pressure of thy care. I know thy burden, for I fashioned it, poised it on My own hand and made its weight precisely that which I saw best for thee. And when I placed it on thy shrinking form, I said, 'This burden shall be *Mine* not *thine*.' So shall I keep within my circling arms—the child of My own love. Here lay it down nor fear to weary Him who made, upholds and guides the Universe. Yet closer come—thou art not near enough. Thy care, thyself, lay both on me that I may feel My child reposing on My heart. Thou lovest Me? I doubt it not; then, loving Me, lean hard."

"A home is what a woman makes it."

"The sweeping of a room may be done to the glory of God."
—*An ancient hymn writer.*

"A thing of beauty is a joy forever."

"There is no fireside, howsoe'er defended but has one vacant chair."—*Longfellow.*

"He that will not live happily anywhere will live happily nowhere."—*Tolstoi.*

"Little minds are subdued by misfortune; great minds rise above it."—*Washington Irving.*

"Do not put off until tomorrow that which you can do today."
—*Benjamin Franklin.*

"For of all sad words of tongue or pen,
The saddest are these—'It might have been.'"
—*John G. Whittier, "Maud Muller."*

"Sin has many tools, but a lie is the handle which fits them all."—*Oliver Wendell Holmes.*

"Live plainly if you must,
Guard what is yours from harm;
But don't, if you can help it,
Put a mortgage on the farm."

I think that every mother's son
And every father's daughter
Should drink, at least till twenty-one,
Just nothing but cold water.
And after that they might drink tea,
But nothing any stronger.
If all folks would agree with me
They'd live a great deal longer.

"The nearer you come into relation with a person,
The more necessary do tact and courtesy become."
—*Oliver Wendell Holmes.*

"We get back our mete as we measure,
We cannot do wrong and feel right;
Nor can we give pain and get pleasure,
For justice avenges each slight."
—*Alice Cary.*

"Words give wind to thoughts."

"If eyes were made for seeing,
Then beauty is its own excuse for being."
—*Ralph Waldo Emerson.*

"Behind the dim unknown
Standeth God, within the shadow
Keeping watch above his own."
—*James Russell Lowell.*

"Hearts, like apples, are hard and sour
Till crushed with pain's resistless power,
And yield their juices rich and bland
To none but sorrow's heavy hand."
—*J. G. Holland.*

"You can fool all of the people some of the time, you can
fool some of the people all of the time, but you cannot fool all
of the people all of the time."—*Abraham Lincoln.*

"There is so much bad in the best of us
And so much good in the worst of us,
That it doesn't behoove any of us
To talk about the rest of us."
—*Lincoln. (?)*

"When wealth is lost, nothing is lost;
When health is lost, something is lost;
When character is lost, all is lost."
—*Wall Motto in a German School.*

"A straw may turn the current of a mighty river."
"A man shows his Real Self in the way he treats a child."
—*"Health and Happiness."*

"He who by the plough would thrive
Himself must either hold or drive."

"When house and lands and gold are spent,
Then learning is most excellent.

"We should rather be wronged than to do wrong."—*Pulseford.*

"Keep working, 'tis wiser than sitting aside.
Never, oh, never say 'Fail'."

"He sings to the wide world and she to her nest—
In the nice ear of Nature, which song is the best?"
—*"Vision of Sir Launfal."*

"He that is thy friend indeed,
He will help thee in thy need."
—*Shakespeare—"The Passionate Pilgrim."*

"'Tis not the many oaths that make the truth,
But the plain single vow, that is vowed true."
—*All's Well that Ends Well.*

"For, 'tis the mind that makes the body rich;
And as the sun breaketh through the darkest clouds,
So honor peereth in the meanest habit."
—*Shakespeare*—*"Taming of the Shrew."*

"There is no time so miserable but a man may be true."
—*Shakespeare.*

"'Tis education forms the common mind;
Just as the twig is bent the tree's inclined."
—*Pope*—*"Moral Essays."*

"There is no harm in a boy being a blacksmith nor in a girl knowing how to make a loaf of bread."—*Prof. Monaghan.*

"Our best is bad nor bears the test, still it should be our very best."—*Browning.*

"O! It is excellent to have a giant's strength, but it is tyrannous to use it like a giant."—*"The Abuse of Authority."*

"An idle reason lessens the weight of the good ones you gave before."—*Jonathan Swift*—*"Thoughts on Various Subjects."*

"There is a special providence in the fall of a sparrow."
—*Shakespeare*—*"Hamlet."*

"My heart leaps up when I behold
A rainbow in the sky;
So was it when my life began,
So is it now I am a man;
So may it be when I grow old,
Or let me die."

Wordsworth.

"I would not enter on my list of friends the man who needlessly sets foot upon a worm."

—*Wm. Cowper*, *"Mercy to Animals."*

"Full many a gem of purest ray serene,
The dark, unfathomed caves of ocean bear,
Full many a flower is born to blush unseen
And waste its sweetness on the desert air."
—*Thomas Gray*, *"Elegy Written in a Country Churchyard."*

"Let all the ends thou aimest at be thy country's, thy God's and truth's."

"Love God and love thy neighbor. On these two commandments hang all the laws of the prophets."—*Shakespeare*.

"What is failure? It is only a spur
To a man who receives it right,
And it makes the spirit within him stir
To get up once more and fight!
If you never have failed, it's an even guess
You never have won a high success."

—*Edmund Vance Cooke*.

"Daily, with souls that cringe and plot,
We Sinais climb and know it not."

—*Lowell, "Vision of Sir Launfal."*

"Every girl should walk hand in hand between two guardian angels."

"Remember thy last end and thou wilt never sin."

—*Farm Journal*.

"Better than gold is a peaceful home,
Where all the fireside characters come—
The shrine of love, the heaven of life,
Hallowed by mother, or sister, or wife,
However humble the home may be,
Or tried with sorrow by heaven's decree,
The blessings that never were bought or sold,
And center there, are better than gold."

—*"Mothers' Magazine."*

"He is never alone who is accompanied with noble thoughts."

"Read anything half an hour a day and in ten years you will be learned."—*Emerson*.

"For every evil under the sun there is a remedy."

"All things that are worth while doing are not easy."

—*Dr. J. N. McCormick*.

*"It requires more genius to be a good housekeeper, a good mother and a good homemaker than it does to manage a bank or run a factory"

"The college girl as a housekeeper, I want to say, judging from personal observation, is a better housekeeper and a better homemaker because she went to college."

—*Catherine Waugh McCulloch*.

*Let not this extract, though true, discourage the self-educated homemaker, who will find much pleasure in educating and improving herself in her great life work.

"One good mother is worth a hundred schoolmasters."
—Herbert.

OPPORTUNITY

1.

"They do me wrong who say I come no more,
When once I knock and fail to find you in;
For every day I stand outside your door,
And bid you wake and rise to fight and win."
—Judge Walter Malone.

2.

"Master of human destinies am I."
—Senator Ingalls.

"A mother is a mother still,
The holiest thing alive."
—Coleridge.

"Live as if you live always,
Live as if you die tomorrow."

"Trouble follers sin as sho' as fever follers a chill."
—An old Negro Proverb.

"Give to me the making of the mothers of men, and I care not who makes the laws of the nation."—Napoleon.

"In the hills of life there are two trails. One lies along the higher sunlit fields, where those who journey see afar, and the light lingers even when the sun is down; and one leads to the lower ground, where those who travel, as they go, look always over their shoulders with eyes of dread, and gloomy shadows gather long before the day is done."

—*"The Shepherd of the Hills."*
—Harold Bell Wright.

"Dear one, if I should die tonight,
If kindly death should come—blow out the light,
And say the game was done,
And *you* should stand
And touch my dead cold face with loving hand
What would your heart say then?
Would you with tears think over all the struggles of the past
And *realize* what *you have never* understood,
How hard I've toiled
And *always* for your good?
And would you bend and kiss my marble brow,

And whisper, "Dear, I understand things now."
 Or would you say with others who know naught
 Of all the weary battles I have fought—
 "He was a failure."
 Somehow, I can't think,
 That you who, through the years, have seen me drink
 Life's bitterness.
 That you, who watched me quaff
 While I choked back the sob and forced the laugh,
 Ah, no, you wouldn't say it, would you dear,
 "He was a failure."
 My dead ear would hear
 And tho' I could not speak or see,
 The words would haunt me through eternity
 Dear one, if I should die tonight,
 I love to think that you, with tear-dimmed sight,
 Would kneel beside my corpse and kneeling there,
 Kiss for the last time my lips, my cheek, my hair.
 And with no thought of failure or success,
 Whisper, "Good-bye, Good-bye, My Happiness,"
 If I lay dead tonight,
 That sweet farewell
 Would bring me peace—
 Aye, tho' I were in Hell."

"A good-bye kiss is a little thing,
 With your hand on the door to go;
 But it takes the venom out of the sting
 Of a thoughtless word of a cruel fling
 That you made an hour ago."

—*Frank H. Sweet.*

"Like ivy, woman's love will cling
 Too often round a worthless thing."

"Earth's noblest thing—a woman perfected."—*Senator Ingalls.*

"How hard would be our hearts but for our hardships and sorrows."

"Something attempted, something done,
 Has earned a night's repose."

—*Longfellow.*

"The great men who have accomplished the great works or great good in the world have always been optimists, never pessimists."—*Governor Hoch.*

"It takes a live fish to swim up stream; any dead one can float down."

"Wealth does not consist of what you have but what you are."
—*Judge Belden.*

"Thought is the force with which we build, for thoughts are forces."—*"In Tune with the Infinite."*

"Whatever estimate you put upon yourself will determine the effectiveness of your work along any line."
—*"In Tune with the Infinite."*

"Do what your hands find to do, *and do it well.*"
—*"In Tune with the Infinite."*

There is no chance, no destiny, no fate,
Can circumvent, or hinder, or control
The firm resolve of a determined soul.

"'Tis easy enough to be pleasant
When life flows by like a song;
But the man worth while
Is the man with a smile
When everything goes dead wrong."
—*Ella Wheeler Wilcox.*

"The possession of money gives confidence, the lack of it self-consciousness."—*Unknown.*

The three great virtues—faith, hope and charity. "And the greatest of these is charity."

"Liberty is God's greatest gift to man."—*Pope Leo XIII.*

"The sermon which is lived is the most eloquent of all sermons."

"It will do" has blighted many a character, blasted many a ship, burned down many a house and caused many a failure and defeat.

If wisdom's ways you wisely seek,
Five things observe with care—
Of whom you speak, to whom you speak,
And how, and when, and where.

"But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you and persecute you."—*St. Matthew, chapter 5, verse 44.*

EXTRACTS FROM "THE CHRISTIAN HOUSEWIFE"

As for novel readers, they are countless. Is that the class out of which good housewives and mothers are made? "I will pardon your versifying art if you are also skilled and experienced in the art of coökery," wrote a certain doctor to a lady in Augsburg, who had sent him a poem. It is undeniable that novel readers make themselves and their families unhappy.

Avoid gossip and novel reading.

If you are industrious you will be cheerful and healthy—your home will be pretty and attractive, comfortable and pleasant. An industrious woman lays up great merit in Heaven, if she is in a state of grace and performs all her actions with a good intention.

Our Lord says, "Take heed that you do not your good works before men, to be seen by them; otherwise you shall not have a reward from your Father, who is in Heaven."

A good table saves many a doctor's bill.

No one can save unless they spend less than their income, and anyone who exceeds his income must come to poverty. A calico dress that is paid for is better than a silk one for which one is in debt.

He who is economical in small things may be liberal in great things.

An extravagant woman will ruin the richest house.

What is saved by the woman is as valuable as what is earned by the man. If she hasn't learned the secret of economy, she carries more out of the house in her apron than he brings in in his cart.

One woman will use a great many ingredients, and yet supply her household with poor fare; another will only need half of the quantity and yet will produce good, appetizing, and nourishing dishes.

Many women drive their husbands to the public

house, simply and solely because they will not cook things properly. The comfort or discomfort of a family depends in great measure upon the kitchen.

It is to be particularly wished that women should restore milk, one of the most nutritious things, to its proper place.

A certain doctor wrote to a priest: "If you bring into honor the old fashioned dish of porridge and milk you would do more good than if you were to establish a new and excellent Constitution for the Canton."

"I think it must somewhere be written, that the virtues of mothers shall occasionally be visited on their children, as well as the sins of the fathers."—Dickens.

Napoleon: "What is wanted that the youth of France be well educated?"

Madam Campan: "Good mothers."

Napoleon: "Here is a system in a word."

"Keep smiling."—Wall motto in a bank.

"To thine own self be true and it needs must follow as night the day: thou canst not be false to any man."

"Don't send my boy where your girl can't go,
And say, 'There's no danger for boys, you know,'
Because they all have their wild oats to sow;
There's no more excuse for my boy to be low,
Than your girl. Then please don't tell him so."

Don't send my boy where your girl can't go,
For a boy's sin or a girl's sin is sin you know;
And my baby's hands are as clean and white,
And his heart is as pure as your girl's tonight.

"It is only a step from admiration to imitation."

"By faith you can move mountains; without faith, you can do nothing."

"I expect to pass through this world but once. Any good thing that I can do or any kindness I can show to any fellow-being, let me do it now. Let me not defer or neglect it, for I shall not pass this way again."

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"Give to the world the best you have
And the best will come back to you."

—*Madeline Bridges.*

Let us then be up and doing,
With a heart for any fate,
Still achieving, still pursuing,
Learn to labor and to wait.

—*H. W. Longfellow.*

"God bless our homes."

THE END.

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